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JUNE 1984

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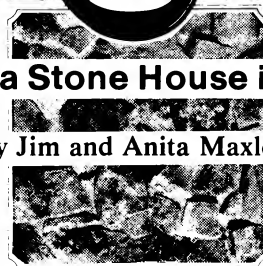
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Front Cover: Building in stone takes time, strength and patience – a daunting task for the aspiring owner-builder. Jim Maxlow developed his own construction technique which he used to build an attractive home for his family. Jim shares some of his know-how on p. 33 of this issue.

Back Cover: Festivals are an opportunity for learning, loving and laughing. Many people are reticent about attending festivals – not difficult to understand when only the bizarre events are reported in the media. What do they offer you – what do you offer them? See Meg's article on p. 14.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

Dear Readers,

The Giri Farm Community is now having a regular yoga workshop day at their headquarters – yoga, hand-healing, meditation, 11 am to 9.30 pm Tuesdays. Come for all or part of the day. The Giri Farm Community is also looking for members. Phone or write for further information.

**12 Grey Street
GLENBROOK 2773
Ph: 047-392-598.**

Dear Folks,

Can anyone enjoying a country life, use willing hands? Any suggestions welcome. We can offer accumulated skills of maintenance engineer/fitter and typist but can adapt to any environment. We lived in Rhodesia on a tea estate. We miss the vast open spaces and we are finding it hard to adapt to city living. Our family is scattered and at 50 we find ourselves free to start any new venture – we are open to all ideas.

**Ken & Valerie Rollinson
2/69 Learmonth Street
STRATHPINE 4500
Ph: 07-205-7008.**

Dear Readers,

When testing 'found' eggs to see if they are fresh or otherwise. If they start to 'twitch' keep them warm as the chicks have formed and will hatch later on. Just find a warm spot (if it's not possible to return the eggs to the nest). On top of a fridge in a box with hay or cloth will do, and you might be lucky.

**Marj Beland
PO Box 41161
CASUARINA 5792.**

Dear Readers,

I have a small block of 12 acres partly cleared and I am considering moving there to live. It's in the Myall Lakes area. I am thinking of building a small mudbrick house – at the moment I have a caravan on the block. I wonder if there are any GR people living in this area as I would like to meet them and perhaps get some advice on the use of the land.

**Erika Kelderer
16 Undercliff Road
HARBORD 2096.**



Edited by Meg and David Miller.

Published by Night Owl Publishers Pty. Ltd., Box 900, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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Dear People,

I would be interested in having someone assist me with experiments in dripper irrigation (see GR 41). I have found this system very effective using dam-town-river water and now I am trying to determine whether it is possible to grow fruit trees and vegetables using excessively salty water. It is supposed to work on paper but no research has been done in Australia as far as I know. The person would require a love of gardening. I envisage a low rainfall area and the soil to be poor but have a reasonable supply of bore water, preferably over 2500 ppm. I would be willing to assist in this project as it could have far-reaching effects for some parts of Australia. I would prefer it to be in Victoria if there are such places available.

**George Hall
10 Queen Street
AVENEL 3664.**

Dear Friends,

Recently I came from Italy. I'm contacting you in order to find out if it's convenient, and not interfering in your plans, to visit your place and possibly work temporarily with you, learning and sharing experiences. I'm a simple, honest worker at my first attempt to work, live and find my way going to the country. My previous experience was in the teaching field and in a bookstore business. I feel now the need to show to myself that life can be lived more simply, in harmony with nature. I need some experience and opportunities to grow and to learn.

**Pierluigi Coufolovieri
18 Bolfour Road
AUSTINMER 2514.**

Dear Friends,

We are asking for your help please. We are taking up a petition to save an environmental park of approx. 50 ha (National Parks and Wildlife Service). The Queensland Elect. Generating Board has proposed a route for their 275,000 volt cables and pylons to go diagonally across this beautiful area with a 65-70 metre strip to be bulldozed and kept clear for all time. Twice now the National Parks Service has requested that the route be taken east. (On the map it shows large cattle properties.) At present the park is a fauna sanctuary situated on the Crows Nest creek, approx. 1 km from the township. It features a beautiful gorge and the proposed route to be cleared will be directly across this. Anybody interested in saving this area for future generations please write to the Premier clearly stating your objection to this proposal with as many signatures as you can secure.

The preliminary survey (done with one bulldozer) is due at the end of May. Even if we can't stop them, please write in soon so that we can stop the 65 metre destruction taking place. I will photocopy all objections and they will be sent to the QEGB, the National Parks and Wildlife Service, and the Crows Nest Shire Council. We would like to thank everybody who helps us by sending their objection.

**Bernadetta Harrison
PO Box 33
CROWS NEST 4355.**

Dear Grass Roots,

I can appreciate the doctor writing in the December issue objecting to supporting people in the lifestyle they would like to become accustomed to but am disappointed that he has not given it much deeper thought, as he appears to be most intelligent and the type of medic I would be happy to consult.

We have to accept, because of the speed of technology, that there will never again be a surfeit of jobs and unless we want people to live in the soul-destroying poverty of the Depression, they will have to be kept by the lucky ones who have work. Nor do we have to rub their noses in it. If employment was available they wouldn't get the dole. Disdain causes complexes which lead to ill health and rebellion to authority leading to drugs and crime.

Is it not constructive to work in the paddocks and to try to become self-sufficient? That takes time as the doctor discovered. And is it not better for youth to exhaust itself surfing than to skulk around the streets at night after having slept all day? Besides, SS payments are merely turning money over, keeping the economy healthy, with hoarding impossible, unlike the high superannuation paid to public servants, which comes from exactly the same source; a fact which is seldom aired.

**Dorothy Nichol
11 Monaro Highway
COOMA 2630.**

Feedback Link-Up Feedback

Dear Grass Roots Family,

I was very pleased to read the article *Real Estate Realities* in GR 42. We came across several developers selling small acreages when we were in S-E Qld in December last year. They weren't interested in selling to us when they discovered that we knew the area reasonably well. Unfortunately most of the blocks on the market in the area are sold through developers. Unlike real estate agents they have no interest in the area, nor do they have any local knowledge of the community – they seemed most interested in the commission they would make from selling the land. It seems to me to be very suspicious when these companies can afford to fly prospective buyers over the blocks, pay the salesman's commission and make a healthy profit all out of \$9000 for 30 acres.

Can anyone tell me if they still use the asthma plant for asthma and bronchitis? I don't know the botanical name but it is a native and grows in western NSW and Qld. It was used by the Aborigines and the early settlers and squatters. A friend is successfully treating her child's asthma with an extract of elderberries prescribed by a naturopath.

Does anyone know where Tealle or Tina Love are? I am hoping to find them or anyone who may know where they are might like to pass on the message that I still have their things and that I haven't forgotten the debt I owe them.

Could someone tell me what employment opportunities are really available in small country towns? I am halfway through a degree course and I am considering transferring to Health Education, Teacher Training or something similar if I can get work. We'd prefer to live in S-E Qld but anywhere that isn't in the city will do us. Some courses aren't possible as I am in my early 30s and have two school-age children, a husband, and a large organic vegetable garden to look after.

We'd like to thank all the lovely people we met when we were in Qld last December, especially the Weller family; and to all the people who offered beds and cuppas whom we didn't get to visit, especially the O'Dwyers. Hopefully we shall be able to see them all on our next travels.

**Barbara S.
8 Randall St
DICKSON 2602.**

Dear Readers,

I have been reading your magazine for several years now and have put many of your ideas to practical use. We are now self-sufficient in all our vegetables, fruit as far as possible in this hot Mallee climate, and we have our own fowls, ducks, pig, goats and house cow.

My one interest at the moment is to obtain recipes for cakes, biscuits, and loaves using cream instead of butter. When short of time it seems such a time-waster to make butter and then use such a large amount for cooking cakes when it would be simpler to use straight cream. I have spent hours reading old recipe books and found only one recipe using cream. A letter to the cookery experts was fruitless as they informed me that recipes would have to be specially formulated to use fresh cream. So, help, all you pioneering spirits out there, please help me.

**Elaine McIntosh
C/- Post Office
WOORINEN CENTRAL 3589.**

Dear Readers,

We are two girls travelling around Australia with our dog 'Yed'. We have no time limit and simply go where the road leads, trying to see and learn as much as we can on the way. If anyone, anywhere, would like some good hard workers and/or a hand around the place in return for food and accommodation (we have a tent) we would love to hear from you. We are keen to learn any type of work on the land and we hope to gain experience as we go. We are very easy-going and would like to hear from you if you can help.

**Debbie McCurry & Jody Walker
C/- Post Office
BUNDABERG 4670.**

Dear Folks,

Does anybody possess seeds of the Devil's Apple? This is the plant which bears a fruit resembling a small red apple. The fruit growing on the prickly weed is now being processed into an ointment which is used to cure some forms of skin cancer. If someone has seeds they can spare I would be very grateful if they could send them as I am eager to grow this plant.

**M. Hammer
C/- Post Office
MIRANI 4741.**

Hello,

I'm hoping you can help me with some information about hydraulic rams, in particular one that is made in China and sells for under \$200 here. My rather vague informant tells me that the agent is in SA. If this is true I feel sure that this information has graced your pages at some time, possibly as an advertisement. Perhaps some readers can point me in the right direction. At present the only rams available here (Perth) are the 'Billabong' type and they sell for \$500 plus so the reason for my interest is clear.

**Dennis Fairclough
Box 31
BALINGUP 6253.**

Dear Folk,

Twelve months ago I went for a holiday to Cairns NQ. I found it to be the most beautiful and exciting place I have ever been and I want to return and live there. I have been hearing stories, and reading in GR, of people acquiring land on a 99-year basis. If you could give me any information I would appreciate it. As my lady and I both love the bush it seems a shame to waste our lives lost in the city, so this is the first positive step we are making. I hope you may be able to help.

**Russell Barnett
Rear 151 McKinnon Road
MCKINNON 3204.**

Dear People,

May I take a couple of lines of your most useful publication to appeal to your readers? I live very simply with 100 acres of rainforest. I work a small pottery with which to fund the protection of the forest. We, the pottery, the forest and I, need help urgently. Are there any GR people interested? Please write.

**Djain Mayal
'Byfield Clayworks'
M/S 142
BYFIELD 4703.**

Dear People,

Could anyone advise me if a high mudbrick wall, used as a wind and weather break, would need any special treatment to withstand the years of strong winds and rain (if we ever get any rain, that is)? Also is there anywhere in Gippsland or Melbourne where I can buy ready-made mudbricks in a large quantity?

**Lesley Dwyer
'Nangkita'
RMB 1200
STRATFORD 3862.**

Dear Grass Roots,

Are there any people in GR land who have knitting or crochet patterns for unusual toys, basket holders/hangers, or anything unusual – things that I could do whilst minding the craft shop?

**Lyn Cannon
74 South West Highway
YARLOOP 6218.**

Dear Readers,

I am considering the purchase of a female dog – puppy up to 12 weeks old – and wish to raise it as a vegetarian. Would anyone be able to suggest a suitable diet that applies to each growth stage of a dog. Are there some breeds more compatible with vegetarianism than others? Any information would be greatly appreciated.

**S. Lockeridge
Commissioner Street
COOMA 2630.**

The Vegetarian Society should be able to recommend members to contact and reading to follow up. The Sydney branch is C/- PO Box 65, Paddington 2021, and the Adelaide branch is C/- PO Box 146, Rundle Street, Adelaide 5000.

Dear GR People,

I am interested in obtaining recipes for zucchini cake, banana cake, carrot cake, pumpkin pie, or any fruit or veggie cake-bread recipes. Also I would like to hear from anyone who has had, or is thinking of undergoing, 'Primal Therapy'.

**Joanne Eaton
231 Wattletree Road
MALVERN 3144.**

Feedback Link-Up Feedback

Dear GR Readers,

Is there someone, or family, reading this who is keen to farm but is not ready, or financial enough, to buy their own land. I have plenty of land and a reasonable amount of equipment but, because of economic circumstances, I have a 9-5 job in town. If people interested have some portable accommodation, hopefully a utility, and about \$1000 spare cash, you might like to live on my farm on the northern coast of S-E Qld. Let me explain my position so that you will know who you will be working with. If there is a 'typical' GR reader I am not one. I smoke and eat meat. I am not opposed to the concept of self-sufficiency but I do not think self-sufficiency is possible at the moment for more than a minority of Australians. I believe the only way we can stop the international petroleum and agricultural companies poisoning the land, food, and us, is to develop organic farming on a medium to large scale.

As you may have gathered, your personal lifestyle is not so important to me, but a commitment to, and knowledge of, organic farming is.

I would like to hear from organic farmers and gardeners from around Australia. The three areas I am interested in are increasing the output-input ratio; handy hints for decreasing the workload mainly in land production, and weed and pest control. What are your thoughts on nicotine spray? John Bond in *Good Food Growing Guide* says it is a complete no-no, yet in other books it is recommended.

Does anyone know of an organisation such as an organic producers' association in Australia? If not why don't we set one up? It could undertake research, develop area marketing co-operatives and print a newsletter. Any organic gardeners and farmers interested please write. And finally, anybody travelling this way who has some accommodation is quite welcome to plonk it on the land. You are not far from the glorious North Coast beaches and behind the land is a national forest which is a home for dingoes (if the goat people don't bait them all), wallabies, scrub turkeys, and other fauna and flora. I will answer all your letters.

The Farmer
PO Box 488
GYMPIE 4570.

Dear Grass Roots,

The current controversy over immunisation was brought to my attention just recently and it is in the hope that I can provide an alternative to triple antigen that I write to you now.

I am an Associate Member of the Australian Institute of Homeopathy i.e. a qualified homeopath, as well as holding qualifications as an osteopath and chiropractor. I was asked last year to provide an alternative to modern immunisation by my friends at the above address. After a deal of research I am happy to say that homeopathy has an equivalent to triple antigen and, in fact, can provide further protection from such diseases as scarlet fever, chicken pox, measles and mumps.

Rather than embarking on a complicated explanation of homeopathy, suffice to say that rather than introducing *live* disease to a body which may or may not possess the strength to combat the disease, homeopathy works on the principle of increasing the natural resistance levels already present in the body. It does so without putting any unnatural strain on the immature system.

For those genuinely concerned who would like to immunise their children *safer*, I would be happy to provide information and medicines. Unfortunately some monetary remuneration must be sought to cover medicines, postage, and work involved. In the meantime, please send an ssac envelope with details of number of children, any illnesses already suffered, and any queries you may have.

Tim Deamer
C/- 'Fernhill'
Kybyean Valley
via NIMMITABEL 2631.



To Sheridan Hollas,

Regarding your letter in GR 42. I read it yesterday and tried to contact you at the caravan park but they said you didn't live there any more. Please contact me at 071-481-797.

Kristina Leckstrom
11 Tristania Dr
PEREGIAN BEACH 4573.

Dear Readers,

I read with interest and concern Norm Davis' letter in GR 42 on mucousless bodies, and I would like to extend a friendly word of warning. During the middle and late 30s occasional reports appeared in the *British Medical Journal* of a then new condition named amucomeningioma. The first such report, as I recall, was published after a survey of the nutritional state of the families of part-time and casual workers at Covent Garden Market, the main fruit and vegetable market in London. These workers, being short of money and food (this was the time of the Great Depression), were supplementing their families' meagre diet with as much 'spare' fruit as they could manage to take home.

Symptoms of the condition were a gradual onset of mental instability, with alternate phases of self-criticism and delusions of grandeur; emaciation; and an extreme aversion to any sort of food containing animal products. Those few patients who could be induced to take meat or eggs recovered rapidly, but in the majority of cases attempts at this treatment were fruitless (no pun intended) since the mere sight or smell of cooked meats, even Bovril, produced violent nausea and vomiting. Post-mortem findings included a dry, friable condition of the brain (hence the name of the condition), and a complete disappearance of the mucous membrane lining the nasopharynx, the intestinal system, the lungs and the genito-urinary system. Research into this interesting but rare condition ended with the onset of World War II, but occasional reports are now appearing in the *Ethiopian Medical Gazette* and the *Journal of Medical Science of Guatemala*.

Syd Perry
5 Tin Can Bay Rd
GOOMBOORIAN 4570.

Dear People,

I am a country woman who has had farming and animal husbandry experience. I have 42 goats of various breeds which I have been grading up to cashmere for 3½ years. I have 5 sheep of mixed breeds and keep them for their fleeces and others for killing. I have doves, pigeons, chooks, ducks, geese, guinea fowl, turkeys, 2 work dogs, 3 cats, some pet birds, 1 wallaroo, 1 rabbit. I can make most of my own clothes, handicrafts, breads, cakes and preserves. I treat all animals and birds when sick, shear, vaccinate, drench, cut hooves, tag, tatoo, dip, and castrate. I am learning to dehorn, slaughter and dress animals. I have my own caravan, annexe, and a 10 x 10 metal shed to store my furniture. I am fed up with having farms sold which I have been leasing, and I have had to move again. I am on an invalid pension so don't have any money but I do have a world of experience. Is there any land co-op in northern NSW, where there are no ticks, that would take me in?

Robyn
C/- Laloma
MANILLA 2346.

Dear Folk,

We would like to meet up with docile, friendly people to form a self-supporting group. Money will not be a prerequisite. We also love to correspond so anyone with the inclination please drop us a line. All subjects welcome.

Peter & Tina
PO Box 232
CLAYFIELD 4011.

Dear Friends,

In a couple of months we will be moving to the country. Hopefully, life will be simpler and quieter – time to be in touch with the true values of living as a family in the country rather than as individuals in the city. People here think only of money and buying useless things to fill an empty life.

We request information and letters from friends. Where we go may not have electricity connected. How do regular domestic appliances – fridge, freezer – work with generators? Can they be connected to transformers easily and safely? Any first-hand information and thoughts will be welcome. Having read the two-part article on the EEE system in GR 40 and 41, we are still unsure if our 240 v refrigerator and freezer can be run night and day from a generator of the type mentioned in the articles.

A good hint for green tomatoes that fall, or are knocked off, the bush too early – they will ripen in two or three weeks if kept in a dark cupboard.

Anne, Kevin, Elizabeth & Skye McCormack
38 Campbell Street
FRANKSTON 3199.

Feedback Link-Up Feedback

Dear Readers,

Hayward Meadows Community Farm is an idyllic rural retreat situated on a 100-acre farming property on the South Coast. It has two creeks running through it and beautiful bush areas. Wandandian is a small village situated 20 miles south of Nowra and close to many beautiful beaches.

Mrs Diana Hayward has had 20 years experience in social work – both field work and administration work. Nine years were spent overseas in countries such as India, Mexico, Tanzania and American Negro ghettos. In recent years she has been involved in welfare activities in Nowra and has recently started a holiday farm for groups of disadvantaged city children. At the request of several teachers she has decided to open the property to school-related activities. Ultimately it is hoped that an alternative, self-sufficient village will be established offering young unemployed people the opportunity to develop rural-based survival and self-supporting skills, but meanwhile the more immediate need seems to be a centre for education and research in environmental strategies and back-to-basics living for schools, especially high schools.

Other aims include establishing an educational base for demonstrating and researching appropriate technology and for investigating the feasibility of low-capital, environmentally and socially useful jobs, as young people often indicate a great urge to escape the industrial ghettos of our large cities. The economic downturn and ecological problems related to the urban/industrial lifestyle have brought with them a new awareness to city people that ultimately we all depend on the land for our survival.

Two acres have been fenced off and ploughed for the establishment of a community vegetable garden and also citrus, soft fruits, nuts, vines, olives and fodder trees for animals. Another area has been allotted for keeping poultry, pigs, sheep, bees, a dairy cow and a donkey. It is expected that experimental low-energy and low-cost housing will also feature prominently.

This back-to-basics project will give local and city children a chance to experience life on the land and to find out first hand how a farm works, and we hope to demystify the processes which are involved in our life support systems. Younger groups requiring a location for picnics and an environment suitable for study/adventure pursuits will be welcome. Further information can be obtained by phoning 044-434-266.

Diana Hayward
'Hayward Meadows'
Wandean Road
WANDANDIAN 2540.



Dear Readers,

We are in the process of making the break from semi-self-sufficiency, close to town on a small holding, to a large holding where we hope for total self-sufficiency. Over the last five years we have learned a lot of hard lessons and we are realistic. The only thing that really concerns me about the move is the effect the isolation will have on our two small children. One is school age next year and the other is three months. As a result they will not be much company for each other and, as travelling to town more than once a fortnight is out of the question, there will be limited opportunity to form other friendships. I have doubts about my ability to teach my own children correspondence. Mind you I also have reservations about public schools. I would like to see some discussion in the magazine about the pros and cons of taking your children 'bush'. Have we the right to isolate them before they can decide for themselves? Can you teach your children effectively? How can you compensate them for the loss of social activity? I am not unaware of the advantages of our type of lifestyle, but worried about the long-term effects on the very young. Are there books on the subject that might help?

Does anyone have a natural (and cheap) cure for eczema in dogs? Our hound dog is suffering from it and we cannot afford to keep up the treatment the vet recommends (we can't afford the vet!) I hate to see the dog suffer – any ideas?

Unfortunately we are mid-move so I have no postal address.

Karen Burchard.

Dear Grass Rooters,

We are a family of three who hope this year to make some trips within a 3-hour radius of Sydney to find some land so I can start living the way I want to. I'm reading as much as I can and studying some basic horticulture subjects by correspondence. I have some money, but thought it may be better to start off in a large town where I can earn some money to add to the little kitty. I'd love to hear from anyone who's made the break, or is still thinking about it, and we could get to know them on our weekend trips. We have to stay reasonably close to Sydney as my parents are here.

I don't consider myself a fanatic about alternative living. I see it as giving people more choice in their life. I love wholegrain food and equally I enjoy tucking into fish and chips by the ocean at sunset. I believe in keeping a healthy body but I enjoy a glass of wine and a cigarette. I think people can become slaves to every new cult that comes along and they lose their sense of fun and become terribly serious about everything. I guess my greatest fear is of becoming complacent. I always like to believe there are plenty of new frontiers to conquer, both inside you and outside you. I have some good friends in the city but most of them are on the money-go-round. It's so hard not to be caught up. I'd like to get my children's hands into some thick grass and their eyes onto priceless beauties before the advertising and the colour TV corrupt them completely.

Erica Tomkins
3/120 Fischer Road
DEE WHY 2099.

Dear Folk,

Re December 83 issue – coloured angoras are often advertised in *Qld Country Life* and *Land* newspapers. Bear in mind that mohair accepts dye beautifully and dyes brilliantly (one of its best characteristics). Why not dye it with herbs, flowers, etc?

I read somewhere that mudbricks can be purchased for \$1 each. Can anyone tell me who to contact? Are there any mudbrick dwellings in the general areas of S-W and S-E Qld., whose builders are willing to impart their knowledge? Can anyone suggest a natural remedy for warts? What causes them? Can anyone suggest a good publication on making recycled paper?

Meridy Scott
'Piber'
ROMA 4455.

Dear Grass Roots Friends,

I've been reading GR for some time now and it's wonderful to hear how so many people are really getting it together. Unfortunately I can only envy you all. For many years I've been wishing to acquire some land but I am unable to raise enough money for an immediate purchase. Does anyone know of any land available on a long-term lease or which could be bought on a rental-purchase basis? I would prefer a piece of land somewhere near Murwillumbah, NSW, with some sort of dwelling and power available. Any offers or advice will be greatly appreciated.

David Mylee
PO Box 537
MURWILLUMBAH 2484.

Dear Readers,

I am currently trying to purchase some pure wool blankets that have not been chemically treated like most of the ones available from commercial city companies. Are there any individuals, co-operatives or other establishments in Victoria who make what I'm after? I would be willing to travel a reasonable distance and pay a just price for the real, pure thing. All replies will be answered.

John Saliba
1/41 Cypress Ave
BROOKLYN 3025.

Dear Readers,

We would like a friend (female 18-40) to share a large house (with a large yard and vegie patch) in the city, with a married couple and guy (25). Our aim is to find someone compatible with the view to moving onto a property as soon as we can, and to live as self-sufficiently as possible. We are moderate towards religion, but we do not tolerate drugs, smoking or drinking. For further information please write and I'll be glad to fill you in.

Tina
PO Box 232
CLAYFIELD 4011.

Feedback Link-Up Feedback

G'day,

Is there anyone (in Melbourne, for the sake of practicality) who would like to help me with an idea that I hope will grow into a project? For a couple of years I have contemplated the thought of planting trees in the city, in odd corners or waste areas, bare sidewalks or median strips – trees and shrubs that I would propagate myself, if practical, and then make a raid somewhere. The knack would be to make the trees look as if they were planted there by someone in authority – then it is less likely that someone will take them away! The urban guerilla tree planter idea has always appealed to me. If this could be done with fruit and nut trees (useful to the average man in the street) then it would be so much the better for him to be a bit more independent of his country cousins. The city as a farm ain't a new idea, but it's a bloody good one!

The following criteria would have to be followed.

The trees would have to be planted in situations that:

- above all do not impede movement (or at least no more than trees planted by local councils)
- do not create solar access problems
- are problem-free in other ways.

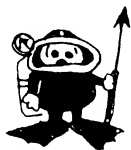
Species that:

- have many (common) uses
- are suited to a city environment
- are preferably indigenous and attract native birds
- are safe, especially in respect to children
- will not be a pest if planted near or carried to bushland
- are pretty
- will not be a problem to local residents or shopkeepers.

I'd like to hear from anyone with thoughts on this or related topics and especially from anyone with aid or clues as to getting a wide selection of seed/seedlings/cuttings for propagation. Perhaps someone is interested in doing the same?

Thank you to those folk interested in the study that I made (see Information Available GR 39). I have been unable to get to a photocopier, and sometimes, have had to do copies again because they are unreadable. Please bear with me and please address letters to Perry Mills, not Perry Miller. If anyone around Melbourne Uni or RMIT wants to drop a line or drop in for a visit or chat they're most welcome.

Perry A.G. Mills
6 Clarkestown Ave
MT ELIZA 3930
or
Trinity College
PARKVILLE 3052.



Dear Grass Roots,

Your magazine is a joy to read, full of ideas, experiences and friendships shared. I admire and am interested in the folk who are living in the various alternative lifestyles and who derive so much pleasure and achievement from it. Would any of these people like to drop a line to share their experiences, interests and friendship with me – a single 35. I have a love and appreciation of the bush, and my present city life sets up constant yearnings to return to a rural environment. My interests are gardening and animals, along with cooking, bread making, writing, reading, sewing and dabbling in a few other handicrafts.

Barbara
53 Dugdale Street
COOK 2614.

Dear Grass Roots People,

Two years ago Bruce, Brett (14) and myself, moved down here from Alice Springs where we were territorians for some years, Brett being born there. Our lifestyle has completely altered – I must admit for the better. We own 3½ acres 18 km from Grafton; we have 3 lovely goats (2 milking), 1 kid, chooks and a horse. We would love a couple of geese to add to our mini-farm later on when we dig their swimming hole.

Now, can anyone help me with recipes to use up lots of goat milk? Also has anyone a recipe for yeast using lemons? Here's a hint that really works. When you are bitten by sandflies or mossies, soak a facewasher in very hot water (hot as you can bear it) and hold to the bite. After repeating five or six times the itch will completely go and rarely comes back. If it does repeat the treatment.

Pam Mathey
PO Box 163
SOUTH GRAFTON 2461.

Dear Readers,

Regarding Denyse Bonney's question about cashews. When I lived for a while on a cashew orchard in South India, I found that the only way to consume cashew apples was to have them sundried. We used to cut the freshly-picked ripe apples into thin segments and string them up and hang them in the sun. That removes the acidity.

The nuts were burned in a hot fire spread on the ground fed by dried coconut leaves. A straw fire should do the same job. It takes a little experience so try a few first. You should turn the nuts in the fire and watch till the gas emerging from them ceases to burn. Then you take a hammer and crack them and again experience will teach you the right blow to crack the shell and not the nut. Up to here all processes (piercing, burning and cracking) should be done with gloves because the shells contain a very strong skin irritant acid that you'll not be able to remove from your hands short of taking off the skin. Your ugly-looking harvest is then thrown into hot coconut oil and fried till it resembles the cashew nut as you know it from the shop. Cashew nuts are easily grown from seed and bear within 3-6 years.

A. Svargo
Post Office
MALANDA 4885.

Dear Readers,

My lady and myself are in the process of acquiring land (council hassles holding us up) on the northern NSW coast. Firstly, we want to build a holiday cabin allowing in the plans for future extensions so as to build a fully functional home. The problem is milling my own timber. Being very mechanically minded, I have a reasonable idea how to construct my mill but it is experience that counts. Is there any reader willing to share his/her experience with an eager learner?

The land we are buying is 100 acres comprising mainly of steep rocky gullies and approx. 20 acres of fertile creek flats. The land has obviously been logged at intervals over the years and this has left a huge selection of different-age trees so suitable timber is not in short supply – just the know-how.

Kelth, Carla & Gavin Kane
57 Young Street
CREMORNE 2090.

Dear GR People,

After two years in the bush we love it and wouldn't go back to the city. It took six months to overcome the teething problems of learning to live in the bush but with the help of your magazine we have won through. Thanks for the article *Raising an Orphan Lamb*. It was all wrong by the farmers around, but it was set out so that I could understand it and our lamb survived; so have the ducks, house cow and calves. I wonder if anyone can help me with felting? It is supposed to be done with fleece that is too short for spinning. The article on spindle spinning started us off spinning with a wheel. 'Always have a go at anything'.

The Gardners
'Yangablmble',
RMB 1246
Gilberts Road
YINNAR SOUTH 3869.

Dear Meg & David,

There are two suggestions I would like to make if I may. With the excellent Feedback Link-Up pages I often wonder just where these wonderful people are – mainly of what state. My humble suggestion would be to place their state at the bottom of their address. My other suggestion is the possibility of a badge or such of recognition to fellow *Grass Roots* people. The could be placed near the front fence of their 'bush acres' or whatever they are fortunate enough to have. This would be a welcome sign to identify them, as people with a common outlook. Caravan stickers would be another idea.

R. Nelson
29 Farnsworth Avenue
CAMPBELLTOWN 2560.

We feel that the postcode is sufficient indication as to which state is represented by the writer concerned.

Dear GR,

Does anyone know of a way to remove watermarks from a polished blackwood table?

Robyn Ford
Serpentine Road
DINGEE 3571.

Feedback Link-Up Feedback

Dear People,

I read *Grass Roots* and derive a great deal of pleasure from it. I work in Arnhem Land in the NT, but I spend nine days a month in Darwin. I've recently separated from my wife but visit my children approximately five times a year in Fremantle WA. I would very much like to correspond with a lady (unattached or a single mum) with a view to visiting and joint family outings. I have the use of a car in WA. I am a chef by trade but favour a vegetarian diet - I am into herbal teas, natural medicine, alternative lifestyle, music, dancing, art and Old World things. I am very interested in massage, yoga and Tai Chi and Touch for Health, also meditation. I would like to have an unconditional relationship with a lady who has similar interests. I hope to find a plot of land somewhere to do my own (or our own) thing. I love children and animals, free living and free beaching. If you feel we would have something in common please contact me. I have no bars on colour, creed or religion but the lady must have an open mind and be aged around 20 to 35.

Gerald Hughes
PO Box 41474
CASUARINA (NT) 5792.

Dear GR Readers,

During October 1984 we are planning a holiday to Tasmania with the idea of buying a small acreage (5-10 acres) and starting the self-supportive, healthy way of life. We favour the N-E of the island, something reasonably priced with some natural bushland, a 2-3 B/R cottage if possible, and schools within a reasonable distance. We would like electricity supplied, and ample water for vegetable growing and fruit trees and a few animals. We have spent most of our lives in the country and are familiar with all the usual farm animals and the gardening side of it. We are looking forward to any helpful replies.

Helen Traeger
564 Coolaroo Street
TOM PRICE 6751.

Dear Readers,

Something I would be interested in is people on islands; islands large enough to live on with sufficient water to be able to be as self-sufficient as possible; are there any more available islands around Australia? Anything at all to do with surviving on an island, climate, soil, etc.

Cheryl Dawson
'Browse Round'
PO Box 117
WUDINNA 5652.

Dear Grass Roots,

I am writing this letter on behalf of a small group of like-minded people known as 'Groundswell'. Most of the 30 odd members live in and around Creswick, approximately 10 miles north of Ballarat. Many people ask, 'What is Groundswell?' It is a group of people who are concerned about basic issues involving the quality of life. Membership is open to all who are interested in the same ideals. Consequently the group provides the opportunity to acquire knowledge and skills to assist towards the idea of a more practical lifestyle. We foster the roles of sharing through our awareness of the needs of others, either on a community level or individual level, co-operating to help one another by sharing knowledge and skills, or practical help such as a working bee. We try to lessen waste by bartering and recycling. We are concerned about our environment, conserving what is good of the present and preserving what is good from our past.

We also have social days such as fishing trips, BBQs, monthly meetings (where we have guest speakers on various subjects), and field trips which are an extension of the meeting talks. At the meetings we have a barter table where members exchange all types of items. Working bees are another activity of the group and a record of hours worked by individual members is kept and labour is bartered in return at a later date. Also some members sell home-made and home-grown items at a community market held on the second and fourth Sunday of each month. Two years running we have catered for the Creswick Country Garden Festival held the last weekend in October.

If there are people interested please come to some meetings and get the feel of Groundswell.

Jeremy Cox
10 Melbourne Road
CRESWICK 3363
Ph 053-452-885.

Dear Readers,

For Michael and Margaret Sweeney - here is a recipe for vegemite which was published in the Sydney Sun Herald in answer to a reader's request.

Vegemite type spread: 1 dsp celery salt, 2 tsp tomato juice 2 tsp onion juice, 4 oz compressed yeast and parisan essence for colouring. Mince yeast and place in a saucepan, add the other ingredients and bring gently to the boil allowing to simmer for 15 minutes, stirring well. Pour into small jars and seal.

Non-fat yeast spread from Nature's Way Cookbook: 250 ml (1 cup) tomato juice, 40 ml (2 tbsp) soy sauce, 1 g (¼ tsp) ground celery seed, 1 g (¼ tsp) onion powder, Torula yeast to thicken. Bring first four ingredients to full boil; cool, then mix with enough Torula yeast to make a spreading consistency. Store in refrigerator. Yields 350 g (1 cup).

For Liz Walker (GR 41) regarding fleas. Twice a week add two crushed or finely chopped cloves of garlic to the food. Another suggestion is to put 1-2 drops of vinegar in the drinking water. Fleas hate the odour that comes from the body and stay away.

For Katie Hammond (GR 41) in regard to bread making. There's a 28-page booklet available *Home Baked Bread - The Easy Way* which answers many questions about successful bread making. It also gives hints and recipes from Mr Edward Williams, a retired professional baker of PO Box 1998, Griffith 2680. The price is \$2 which includes postage.

For Merrill Walters, (GR 41) - your problem with breadmaking in the slow combustion stove. Have you tried an asbestos mat on the top shelf? It may help.

Can anyone help with recipes to make cheese from fresh cows milk - no cottage or ricotta cheese thanks. I have a genuine Italian, never-fail recipe for ricotta which is ready to use after 30 minutes. Here is the recipe: 1 litre of milk, 1 level tsp salt, 1 level tsp Epsom salts, 1 level tsp calcium lactate BP (available from chemist). Place milk in saucepan and add salt. Stir and allow to become very hot (just near boiling point) then add Epsom salts dissolved in a little water. Stir and watch for tiny flakes to form, stirring occasionally. When flakes are forming add calcium lactate dissolved in water. Stir a few more times then allow flakes to clump together forming the ricotta. Turn off heat and let stand for 10 minutes, then remove with slotted spoon and place into fine sieve to drain. Can be used after 30 minutes.



Betty Lemm
PO Box 90
YETMAN 2410
Ph: 076-753-163.

Dear Grass Roots,

Is there anyone who can tell me how to preserve fruit and vegetables without all the fancy modern equipment? I would like to know grandma's way. One recipe I particularly want is for dill pickled cucumbers. Also does anyone know a recipe called Clancey's Stew?

Janet Smith.

Dear Grass Roots People,

We are in the early stages of planning a trip on horseback (one riding horse, one pack horse each) following the National Trail from Melbourne to Cooktown Q., or a similar suitable route. We would appreciate letters from readers who have any information on the trail or those who have done a little trail riding and would like to share their experiences with us. In particular we would like to hear from the two guys in Melbourne who rode from Brisbane to Melbourne in September/October 1982 (John and Mick, surnames unknown).

We're considering doing weekend trips by car to places along the route to become familiar with it. We have had mixed reactions to the trip one was 'Two girls can't do things like that', and the other 'Go for your life!' It is encouraging to hear that others are as adventurous. For one Heather (GR 41) who is planning to go by horse and cart - Good Luck.

Christa & Andrea Rehwinkel
RMB 443
Macks Reef Road
via BUNGENDORE 2621.

Feedback Link-Up Feedback

Dear Grass Roots & Readers,

I would like to thank you and your magazine for something which I consider to be very important – I believe *Grass Roots* helped save my life. To explain briefly, I am a Vietnam veteran who in recent years has been going through some very traumatic periods. I reached the stage where I was finding it almost impossible to cope with life. Fortunately, self-preservation and several very understanding and helpful friends came to my aid. That was some 15 months ago and it was at that time that I discovered *Grass Roots* (kindly lent to me by my then neighbours and friends).

I have spent the past 10 years or so wandering, somewhat aimlessly, around parts of Australia and various parts of the world. After reading a few issues of GR I suddenly realised 'that's me' – and a sense of direction dawned (probably for the first time in my life). I am now planning to purchase (when funds permit) a suitable piece of rural land in probably either the Central West or South Coast regions of NSW with a view to a reasonable degree of self-sufficiency including the raising of either angora or cashmere goats. I realise that this will involve a lot of hard work and won't happen overnight. At the moment I'm doing as much research as possible to provide me with 'paper knowledge', and to this end your magazine has been of great assistance. So, although I'm a city dweller at the moment, but with some past rural experience and a good bushman, I believe that I will achieve my goals and with them a good deal of peace of mind and accord with nature.

I would be pleased to hear from and correspond with anyone who has similar aspirations or with anyone who would care for friendship and/or encouragement. Perhaps I can now help someone who is currently in a rut. To you, your magazine and its readers, I owe a debt of thanks – thank you for what it has helped me accomplish so far.

Ian Yerbury
24/132 Wallis Ave
STRATHFIELD 2135.

Dear Readers,

I have recently moved to Brisbane from Melbourne and know very few people here. I would like to see more of the beautiful countryside and wonder if anybody would allow me some floor space on occasional weekends or, if close enough to Brisbane, just allow me to visit for the day for a chat and company. I am willing to lend a hand where needed. I would also be totting my camera around hoping to get some candid shots of nature.

Sandra Wilson
43 Garrick Tce
HERSTON 4006
Ph: 07-529-447 (AH)

Dear GR Readers,

We are a family of four (Noel 30, Lyn 32, Kristofer 4, and Sunshyn 18 months) and we presently live in suburbia at Richmond on the western fringe of Sydney. One day we hope to move onto our own farm but are apprehensive of the problems we could encounter – mainly future schooling for the children and financial troubles – if we make the break without a large bank balance. What we would like to do is to be able to visit other families either in communities or on their own farms to discuss and learn from their experiences. If there is anybody within three hour's drive of Richmond who is willing to share their experiences, perhaps in exchange for labour, please contact us.

Noel & Lyn Redden
22 Faithfull Street
RICHMOND 2753
Ph: 045-782-866.

Dear Reader People,

I am 30 years old with a 3-year-old daughter, and we hope to go and live in Tasmania. We think we've found the 'perfect' place, on an island, south of Hobart. Not too far from city life, but a quiet place, full of friendly folk who care about the land and real living. I enjoy cooking, walking, animals, and am not afraid of hard work. We have very little financially, and will be spending most of what we have on the journey from WA to Tasmania. I would like to hear from someone who can share this dream with me – someone who likes children, and wants a simple way of life.

J. Spruyt
8 Scott Street
SOUTH FREMANTLE 6160.

Dear GR Readers,

Here is a tip for ladies who like to sew and who are contemplating living without electricity. I recently converted my free-arm Empisal electric sewing machine to treadle power. The conversion is very successful enabling me to use all the zig-zag stitches not available on an ordinary treadle machine. A local sewing machine mechanic converted the machine head by exchanging the flywheel for one from an old Singer machine head. If my machine had not been one of the more modern enclosed types this could have been avoided, but he can also convert it back at any time. This cost \$14.00 plus a new belt as this machine now sits higher and the original belts are not long enough so must be joined. After renovating an ancient treadle cabinet I screwed a solid board over the space left after removing the original machine head, and screwed my machine head onto this with the big screws which held it onto its own heavy base being careful to line it up with the belt guides of the treadle. This machine cannot be folded away because of the extra height involved with free-arm machines, but I think an ordinary flat-bed machine could. If anyone would like more information please write.

Fay Wells
PQ Box 757
GRAFTON 2460.

Dear Grass Roots Friends,

As a middle-aged widow pensioner I am hopeful that someone decent and clean may wish to share my recently purchased 3 B/R home at a nominal rental. The home has a large beautifully equipped kitchen, built in dining setting and large lounge room. There would be need for some form of transport as the house is five miles from town (excellent shopping centre), close to surf beaches, and close to a national park.

I am vegetarian, smoke, rarely drink, and have been interested in organic gardening for years. I would expect anyone interested not to partake in the drug scene or be heavy drinkers. I believe in God but do not attend church.

In season (October to March) strawberry picking is available; apple picking February to April, with the tourist season late November to March providing employ in local hotels and restaurants. Anyone interested (either sex) please contact me. I would consider sharing my home with a single mother and child should someone need accommodation. We are in this life to help others although few think of doing so, and I am now in the fortunate position to be able to share my GR lifestyle with a similar person. I would expect references.

To all my friends throughout Australia who took the trouble to write, I am answering your welcome letters slowly but surely. Rest assured, I will reply to the remainder as soon as possible with comfrey recipes and requested seed or cuttings of NZ spinach once I settle again.

Flo Bubb
9 Queen Street
MORNINGTON 3931.

Dear GR Readers,

We have a commercial strawberry, vegetable and herb farm in the Stanthorpe area – S-E Qld – and we are looking for someone to help out for a week to three weeks in June. I am going over to NZ for three weeks at the beginning of June to visit my family and need someone to look after my side of the operation while I am away. There would be very little work to do as this is definitely my off season but I don't like to leave it completely unattended for all that time.

Richard and I are both non-smoking vegetarians and would be looking for someone the same. We are reasonably self-sufficient in that we grow our own vegies (without chemicals) and make our own bread, yoghurt, etc. so this could be a chance for someone who likes the idea of an alternative lifestyle to 'have a go' for a bit and learn a few more practical skills. We are not hippies, nor are we conventional but like to combine the best of both worlds in our lovely lifestyle. Is there a lady who would like to spend some time in a quiet country area doing a bit of gardening and generally helping with a few jobs? There would be no big responsibilities and the person must be able to entertain themselves as there would be spare time to bush walk, write, read or whatever. Also we would like someone who could share the cooking of healthy vegetarian meals, or who would be willing to learn. We are both 23 and are looking for a person of similar age.

Richard & Patsy
PO Box 76
GLEN APLIN 4381
Ph: 076-834-360.

Feedback Link-Up Feedback

Dear Readers,

We are real cityites who have been leasing land to see how we like it before selling our home. There is no decision to make as all of us (6) love the fresh air, so now we are looking for land where we will settle. Our mistakes are great but we are learning by them. Our most expensive was in buying a cow from a dairy sale and then trying to tame her. The agent strung us along and we got caught. She cost us \$400 and we had her only two weeks and she was full of mastitis. We found she came from a dealer and were told she had been in about two months, but when the vet came he said she may have been milking 6-8 months.

Our chooks came from a 'hen factory' (as our eldest says) and they are gradually coming good - they lay well and are really friendly. We go to a lot of bush markets and really enjoy them - the last one was Violet Town and what a lovely day was had by all. One of the best for such a small country town. This letter is being written day by day as time permits as we are camping in our caravan here, there, and everywhere. In Benalla I heard of a lady who sells quiet house cows. One family has now bought two and they are very pleased with their purchases. An evening phone call to 057-981-440 may be money well spent if you are after one. She is known only by word of mouth as her cows are so popular. One woman said she waited nine months for one but it was well worth it.

Amy & Family.

Hello Good Friends,

From mid-April or May I will be embarking on a fact-finding mission (some call it travel) from Gympie to far-north Qld. I am interested to visit and help out on farms and acreages along the way. I am part of a community which owns 50 acres near Gympie where we are developing, based primarily on permaculture principles. I also have an interest in Steiner-based bio-dynamic agriculture which I studied in England for three months last year. I have many experiences to share but as well I'm sure there's a lot more to learn from you good Queensland folk.

Neale Bycroft
10 Stewart Road
Coondoo
via GYMPIE 4570
Ph: 071-867-212.

Dear GR Readers,

Are there any folk in northern NSW or in Qld seeking or established in alternative lifestyle who would like the voluntary assistance of a middle-aged person who has lived on farms most of her life? I am versatile, fond of animals and like gardening. I have my own accommodation and transport and would be happy to give a helping hand in return for a place to park my van.

I. Hallett
Box 731
PT LINCOLN 5606.

Dear GR Readers,

Family and I have bought a small property in the Bacchus Marsh region and would like to meet fellow GR people in our area.

Les Skinner
339 Pascoe Vale Road
ESSENDON 3040
Ph: 03-379-5665 B/H.

Dear Grass Roots,

At the moment we have 5 acres of baby trees (blackwoods) (something for the future generations), 12 goats, 20 assorted chooks and bantams, a dozen ducks, 3 cats, hundreds of native birds that have just eaten all my berry crop, a large vegetable garden that has survived drought and neglect, two orchards of mixed fruit and nut trees, all suffering after several droughts of increasing severity. Added to all this is our 'commercial' flock of sheep, Romneys being upgraded to Drysdale carpet wool sheep, and a few pet sheep for spinning and friendship.

I have just had the good fortune to find a near-new stainless steel cream separator and a butter churn at a farm clearing sale. They were a real bargain but I don't know how to use them. Could someone help out with general information about how to use and keep in good condition, these important items of our household? I will be using them for goats' milk of course.

Linda Wasley
'Green Hills'
RSD 936
SHEFFIELD 7306.

Dear People,

Elaine Wilkinson has requested reference material for herbs. Here are just a few good books I have on my bookshelves. *Hamlyn's Guide to Herbs and Spices* by Monica Mawson; *Herbs for the Kitchen* by Irma Goodrich Mazza, which I bought at the Fragrant Garden at Erina; also a very good book *All About Herbs and Spices* compiled by Cynthia Holloway and Lynne McLoughlin for the Sydney Montessori Society in aid of the Children's House, our Montessori pre-school at Lindfield.

Shirley Murphy
7 Turrug Street
WHITEBRIDGE 2290.

Dear Readers,

We are a couple of experienced naturopaths specialising in acupuncture and homeopathy. We have a 6-year-old son. In the next couple of months (May, June) we are buying a campervan and, together with a supply of remedies, are taking off around Australia. We would be interested in meeting and exchanging information with any like-minded people and would also like to exchange our alternative health care skills and give lectures in return for our keep.

Frank & Glenis
C/- Post Office
WARRANDYTE 3113.

Dear GR,

I wonder if someone could recommend easy-to-follow books on taking cuttings (particularly fruit trees and bushes) and collecting, preserving and using vegetable seeds. It will be some time before I can look for land in earnest - I have a commitment to a company which cannot be easily broken - but we enjoy planning our little farm. Tasmania is the current favourite for several reasons. It is scenically superb; land is comparatively cheap; we like the cooler climate; there are fewer problems with water shortages. We have not seen as much of Tasmania as we would like but the Derwent Valley area, up to an hour's drive from Hobart, is an area we will look at very closely. Is there anyone in that area who could give me a rough idea of what I could reasonably expect to pay for about 200 acres with a house and outbuildings in good order? Ideally the land would be a mixture of pasture and bush. Perhaps there are other areas of Tasmania (within an hour of a major centre) which we should consider?

I enjoy GR immensely but would love to see more articles from people who have moved onto the land - reflections of their first few years, the highs, the lows and pitfalls.

Mike Hitchen
40 Oliver Street
RINGWOOD 3134.

Dear GR,

To Maureen Malone (GR 36). What is your new address?

Anne Robertson
M/S 399
HIVESVILLE 4612.

Dear Readers,

We would like a single or couple, with or without children, to share house with us - preferably someone interested in organic gardening and tropical fruit trees. We don't expect any rent, just sharing in day to day living expenses and chores. We would rather not have pets although we could handle a small, quiet dog at a pinch. We would welcome chooks, ducks, goats or a horse or two. We smoke and drink socially but would prefer not to have a heavy cigarette smoker.

Ron is 29 and interested in gardening, permaculture, building and photography. Vicki is 26 and likes organising things, reading and dancing and is 8 months pregnant. We are both easy going and enjoy company. We eat a little meat but basically we are careful with our diet.

It is a picturesque, forested, 30-acre property with a beautiful hill and deep, fertile soil with lots of water available. We are three hours drive from Brisbane on the Sunshine Coast hinterland. We have lovingly built our own roomy home. We use a slow combustion stove, solar panel and gas. There is a growing alternative population in the area and although it is basically a quiet lifestyle, the community sharing and social life is definitely there.

Vicki Shapcott & Ron Fleming
MS 591
Counter Road
WOLVI via GYMPIE 4570.

Feedback Link-Up Feedback

Fellow Grass Roots Readers,

I hope this joint letter will suffice as an interim communication with all those great people who took the time to write to me following my letter in GR 41. I have already received over 40 letters and still they come each time I go to my mailbox. I feel quite overwhelmed by the concern and caring that has been expressed in all letters. I have received encouragement, empathy, constructive suggestions, and offers of friendship. Not one letter was opportunist nor exploitive, which says a great deal for the readership of *Grass Roots*.

The response from women especially has made me realise that I am far from alone in my situation of aloneness and the fact of physical isolation has little to do with it. Aloneness it seems can be a deep inner need even in a big city and surrounded by people. Most women who wrote to me were either just out of, or contemplating out of, sterile marriages. I understand so well their conflicts. The enormous desire for emotional freedom, freedom of the spirit, freedom to breathe after the suffocation of communicationless relationship of many years.

Many issues impinge on a woman's personality and character throughout the course of a marriage to shape the attitudes which emerge when primary roles in a family appear to become redundant. It has helped me tremendously to hear of other women's struggles with themselves, their relationships and environment and it seems to me from this shared experience that only details differ from person to person and underlying every woman's great conflict in heterosexual relationships is the same basic yet unrecognised and inexplicable problem. One of my correspondents suggested I read Collette Dowling's book *The Cinderella Complex*, which I did, and I pass this advice on to all those who shared their inner conflicts with me. It has given me a depth of understanding of my own conditions I did not have before and has certainly changed my outlook and the direction of my life in the future.

Because it is going to be an almost impossible task to continue a correspondence with everyone who wrote to me I would like to offer my services to them all as a kind of co-ordinator of shared experience and views through the medium of a newsletter which I would be prepared to edit and produce. It will be a pretty amateurish job run off on an old duplicator, but I believe that some of the experiences, conflicts and solutions that others have had are worth sharing and it could be a means of putting women of similar interests and problems in touch with each other in their common search for constructive solutions. I will therefore compile something from the material I have but will not identify its source in this first issue. It will be a pilot study, and I will send it to all those women who wrote to me. I will gauge from the response whether it seems worthwhile to continue it. Please let me know, if you send further material to me, whether you would like names and addresses published or whether an exchange of names and addresses of people living within a similar location is desired through my mediation.

I have received letters from every state in Australia, but, would you believe, only three from Victoria and two of those were from men. The majority of letters came from country areas in Qld and NSW though there were quite a number from SA, only a few from WA, and one only from Tasmania. I want to thank the men who wrote to me, especially Neville, whose letter I enjoyed perhaps most of all, and whose humour and compassion really touched a very warm spot in my heart. You bet I'll buy you both a drink one day! And thanks to Neil whose kindness, understanding and wisdom has added a new dimension to my life. As I have said before, I am quite overwhelmed by the degree of kindness, concern, caring and courage that is out there in *Grass Roots* land. Please all of you, keep writing if you wish. I may not be able to respond personally in every case but through the medium of the newsletter will circulate all the experience, strength and hope you may wish to share with fellow travellers. Deep regards to you all.

Kate Kennedy
C/- PO Box 690
GEELONG 3220.

Dear Readers,

Would anyone know where I can get a Rumanian Pan Flute similar to the one George Zamfir plays (one that is not exhausting to play). I have bought two – one was \$50 and a cheaper French one – but they are terrible.

Socrates Sycamnias
34 Mattock Street
CANTERBURY 3126.

Dear People,

There is an ever-increasing number of people being displaced from the traditional workforce by computer technology. They (you and I) strive to lead physically and spiritually healthy lives without the props of neatly structured jobs and comfy weekly pay packets. One of the most constructive activities pursued by such people must surely be that of building their own homes – not mass-produced, environmentally destructive, energy-consuming little boxes, but beautiful homes built from and with the earth, preserving the natural environment, conserving energy needs and creating permanent harmonious shelters without unattainable money expenditure. The fact that these homes do not conform to endless petty building by-laws, and are built at a relaxed pace unpressured by monetary concern, is no excuse to persecute those who choose to build with time, energy and love, rather than money, fibro and speed.

The Denmark Shire Council, in the heart of Karri forest wilderness in S-W WA, actively seeks out such builders (in helicopters) and issues immediate eviction and demolition notices to them and their children. This shows astounding lack of comprehension of modern business trends, total absence of empathy towards 'unemployed' families and disregard to the preservation of the area's magical forests. Surely the council should be aiding these landowners with helpful advice regarding 'alternative', planet-preserving, low-income buildings, rather than destroying their homes with power-hungry bulldozers. Write your opinions *NOW* to Denmark Shire Clerk, Denmark Shire Council, Strickland Street, Denmark 6333, and send your good vibrations through the forest.

Louise Dugdale.

Dear Readers,

We have recently moved to an 11-acre property in Margaret River which is in very good grape-growing country in S-W WA, taking over the sadly neglected but organically-grown orchard and vegetable patch. The orchard comprises apple, orange, lemon, mandarin, grapefruit, olive, nectarine, peach, apricot, pear, fig trees and grapevines. Several months ago we had a dam dug and for a short while revelled in the fact that we could water everything generously. Only weeks went by and to our dismay several plants, including fruit trees, showed severe stress with yellowing leaves and then dying foliage. We discovered the water contains salt. Do readers have any suggestions as to how we may continue using this water under some kind of management programme? The pH level of the water is 6.5 and the soil appears to be a fairly rich gravel-loam type. We'd be very grateful for any help.

Jennifer Mills
C/- Post Office
MARGARET RIVER 6285.

Dear Folk,

My husband and I would like to hear from fellow GR readers concerning managing without electricity. Our main worry is refrigeration. Is there anyone who can give us any idea of the running cost using gas or a generator?



Donna & John Trask
22 Barcoo Dr
MORANBAH 4744
Ph: 079-508-566.

Dear Grass Roots,

I want to make a suggestion. I am nearly blind and can't read any printed matter, but I like reading *Grass Roots* and always try to find someone to read it to me – or at least part of it. That, of course, is very difficult at times. So I wonder if there would be a way of finding people to read *Grass Roots* on tape, so it can be copied and sold or loaned that way. I don't think I am the only blind person in this country who would like to have the opportunity to listen to *Grass Roots* in his or her own time. The state library offers a choice of certain magazines on tape but they record only a selection of a few articles each time and sometimes these articles are taken from an old issue. I am going to suggest to them to add *Grass Roots* to their collection but I don't think that it will be a satisfactory solution as they will certainly not record the sections which I find most interesting. Maybe someone has a suggestion to make.

Ulla Johansen
14 Ascham Street
RAVENSHOE 4872
Ph: 070-976-476.

Feedback Link-Up Feedback

Dear People,

I am 32 and have a year off from my job in Melbourne where I work for a progressive overseas aid and development organisation. I have travelled extensively with my job to the Third World to visit communities and organisations working for justice and social change. In Australia I have been involved in various environmental and Third World issues and campaigns. I now feel a need to be involved in more physical farming-type work and live in the country/bush in Australia for a few months. However I have virtually no skills in this area so would need to be with people who are working and living on some type of farm and who are interested in an extra pair of hands around the place in exchange for sharing some of their knowledge.

I would be willing to give my labour for free in exchange for accommodation and vegetarian food. I enjoy listening, talking and being with people who are interested in knowing other people. This statement does not imply that I cannot be on my own. I enjoy these times as well, but I do not simply want to learn just about the farm – the people I live with are also important.

If anyone is interested in contacting me please write as soon as possible giving some particulars and I will promptly write back.

Trisha Collinson
13 Overend Street
BRUNSWICK 3056.

Dear GR Readers,

Here is a reply to Merrill Walters (GR41) who requested a recipe for ice cream using only milk and cream. Whip 1½ cups of cream (not too stiff) then put a small amount of boiling water in a cup. Add half a cup of sugar and let this absorb the water. Then fill the cup with milk. Add this to the cream mixture and beat again until well mixed. Freeze and eat.

In relation to the temperamental oven, I let my bread cook on the middle-to-lower rack for two-thirds of the time, then take the loaves out of the tins, turn them upside down and return to the same rack for the remainder of the cooking time.

Prue Powell
RSD
WALLACEDALE NORTH 3303.

Dear People,

We are looking for a gentle, warm-hearted, capable person to assist us in caring for, and loving, five beautiful boys ranging in age from one month to seven years. We are musicians living on a farm (40 acres) at Bargo, 100 km south of Sydney. Being a husband and wife team, we are both very involved in a band with four other musicians. This comprises of line work, recording and regular practises in the studio we have here on the farm. We require someone on a live-in basis, board and rent free, in return for babysitting favours. We are Kala (37), Kara-va (27), Farlan (7), Irwan (6), Arifin (4), Jasir (2½) and Budhi (1 month). We would like to hear from anyone who feels they could live harmoniously in this kind of environment. Write, ring or drop in.

Kala & Kara-va Iriks
Lot 1, Arina Rd
BARGO 2574
Ph: 046-841-397.

Dear Grass Roots,

Having read through the Feedback (41) and found that there was someone in our area who had been around for 7 years on a part-time basis and still did not know that we existed I thought that we must, in some way, need a lot more exposure. So what better way than to write and tell everybody of our existence. The Gippsland Self-Sufficiency and Conservation Group has been around for a number of years. For us it has provided a lot of valuable information and friends. We meet on a regular basis once a month at the Warragul Neighbourhood house. Meetings are held on the second Monday of the month at 7.30 pm in the summer and generally take the format of an excursion to someone's home on the weekend in the winter months. Subscription to the group is \$5 per year and this entitles you to a monthly magazine packed with lots of interesting information. If there are people in the West Gippsland and Central Gippsland area or people who are interested in this area please feel free to write to or join the group.

Roger & Linda Kennett
Gippsland Self-Sufficiency & Conservation Group
RSD 96 Sheffields Road
NEERIM SOUTH 3831.

Hello Everyone,

Firstly I have to comment on the response to my last letter to GR asking for a fellow earthling to travel with me. I was disappointed with the result because I was flooded with 'I'm 6 ft 2 in with eyes of blue' letters when I was sincerely trying to reach a person, either female or male, with whom to travel, share laughs, learn, and to be a friend. Although I admit I worded my letter hastily I expected the people who read an alternative lifestyle magazine to understand that. To those who wrote with sincerity I apologise for not replying, but after a while it was hard to distinguish.

Secondly I notice more and more in this magazine, that people are not just offering their advice, wisdom and thoughts but are starting to dictate and are often becoming quite aggressive. There is more than one way to skin a cat (pardon the cliché) and everyone must do what is right for them. There is no one correct way – we are like snowflakes, unique in design. If we are to achieve peace on earth we must all study our own flaws first and, when perfect, then try to influence others. With the threat of 'the bomb' hanging over our heads we should all be looking deeper than whether to compost the potato peelings or eat them! If people who preach peace and gentleness can't get along then we have little chance of world peace. To be totally in tune with nature would seem to be the best way to learn about and understand ourselves. We are a part of a very intricate universe where each part effects the next. Know the dawn, the stars, the dirt or the germination of a plant and you will know yourselves.

I am currently living on the Nullarbor Plain where my boyfriend, son, and I work. If anyone wishes to correspond I will answer any letters or if anyone is crossing The Plain, drop in for a cup of tea and a tour of the Great Aussie Bight and surrounding caves. May everyone do what they most wish to do and find happiness in the course they take.

Kerryn Dodd
APB, PMB 14
via NORSMAN 6443.

Dear GR Readers,

Thank you for such a wonderful response to our letters. The offers to allow us to rest up during our land-hunting trip have been warmly received and we look forward to meeting these genuine and kind people. We received a really nice letter from two sisters (Loraine and Marlene) who live on 5 acres near Sydney – the postmark looks like Blacktown. Unfortunately there was no return address on the letter. We will be going to Sydney to visit other friends and would like to call in on you both. Could you please write again?

A big hello to Paul and Mary-jo Harris in Geraldton who sold us the van for travelling. Thank you for your help.

Francis & Karen Flannery
C/- 524 Zillmere Road
ZILLMERE 4034.

Dear GR Readers,

We are two very capable women who are very eager to get back into growing vegies and raising chooks. Unfortunately we are not financial enough to buy our own land so we have to rent. Our last attempt was in NQ but due to circumstances beyond our control we had no choice but to hit the road again. Finally we have found work and things are looking up – all we need now is a farm to rent where, hopefully, we will be able to put to work our ideas and what money we do have available. Like most people we would eventually like to own our own land. We would be very grateful if anyone knows of a farm to rent in northern NSW or Qld (not too far west).

Ces & Jo
C/- 13 Stanley Street
BRUNSWICK 3056.

Dear GR Readers,

Recently I've been given a galah which hasn't many feathers and I wonder if anybody can advise me as to what they eat, etc. I heard that on a solid diet of sunflower seeds their feathers fall out so this could be the reason. At present I am feeding it commercial parrot food which consists of sunflowers and wheat, also corn and peas (which it doesn't eat). Also I require information on its habits and the difference in sexes. Any help will be greatly appreciated. I wonder if anyone can give me the price range of donkeys and also some information.

Robyn Tili
C/- Post Office
LANGHORNE CREEK 5255.

FESTIVALS

a communion of like-minded spirits

by Meg Miller, Shepparton, Victoria.

Whilst walking amongst the groups of chatting people and smoking campfires at the recent Kiewa Valley Organic Farming School I was struck by the realisation that there were many festivals and field days being organised around Australia and that there must be an obvious reason for this. Before the commencement of the last decade there had been just one, today they are manyfold, having moved from the concept of a single national celebration to smaller more parochial events, hosted and attended by special interest groups.

Interestingly, these festivals seem specific to the alternative culture and have their origins in the original alternative celebration, the 1973 Aquarius Festival at Nimbin. There had been festivals prior to that event but they had largely been pop-music affairs, where alcohol flowed free and the mood resembled grand final day at the footy. Any of us oldies recalling the Nimbin festival will probably have memories coloured by the sensationalist coverage of the media — drugs, sex and hippie dropouts. Undeniably they were there but they were only *part* of the festival. We owe much to this celebration for it took as its theme 'survival on earth', a catch cry dear to the heart of all GR readers. It also set about providing an environment where people could experience living in harmony with nature and each other; where they could pool ideas and share practical skills; where they could interpret the culture being expressed around them and recreate it in music and dance; and where, for a change, they could be participants in a community whose values echoed their own. Heady stuff, but the essence of the festival and a side of it markedly ignored by the media.

This potential for unifying large numbers of similarly minded people remained dormant until 1976 when the Down-to-Earth movement organised the first of its three national confests at Cotter in Canberra. Whilst Nimbin expressed the simple spirit of the flower children, Cotter and the later confests (a combination of a conference and festival) were politically orientated, encouraging all who felt the need for radical power to unite. And as manifestos were being drawn up, discarded and redrawn up, other people were involved in establishing healing villages with health practitioners and spiritual gurus working side by side; in setting up workshops on relevant topics like health, education, craft, self-sufficiency and New-Age technologies; or making use of the information or displays set up in the market place by businesses serving alternative lifestyles. Later these large tribal gatherings lost their relevance and state confests with regional issues and flavour replaced them. By this time too many individuals whose interest had been fanned by experience at Nimbin, Cotter, Bredbo or Berri had come together to form

small special interest groups, or add their energy to already existing ones. Having participated in, and been enriched by, the diverse peoples, experiences and skills available from the large groups attending the gatherings it was an obvious step for these people to lobby for weekend or day get-togethers open to the public.

In the last couple of issues of *Grass Roots* we've had at least six references to field days, festivals or common interest gatherings. The December issue saw the Down-to-Earth Confest at Wangaratta in Victoria, an occasion dedicated to 'making alternatives work'. Further on in that magazine was a report on the Mudgee Small Farms Field Days. It had taken as its theme 'farm water', and government departments, retailers selling irrigation, storage, pumping and reticulation equipment, together with businesses related to small farms and their needs, put on displays, exhibits, lectures and workshops. In the February issue we read of Organic 84, in Tasmania, exploring self-reliance with an emphasis on health and education. Once more there were talks and discussions from specialist speakers, displays and information centres, and a working garden validating the philosophies expounded. Moora-Moora Community at Healesville in Victoria celebrated their annual festival at a similar time, and they invited the public to join with them in keeping the body and mind relaxed and happy. Then, in the last issue, we read of the annual Kiewa Valley Farming School with its special emphasis on natural farming techniques, and the first Tasmanian Peace Festival which included amongst its activities workshops on gardening, food, and natural health. During that same period, no doubt, many other festivals and gatherings were held Australia-wide and explored similar themes and issues. But despite the commonality they all share — issues relating to creating healthy and harmonious people and places, and the practical skills to implement this — there is much variation between them all. As people we are not all the same and consequently our dreams and needs vary considerably. The different focus each of these get-togethers takes, plus the way it's physically expressed, means that with a little thought and enquiry people can find an occasion that best suits their spiritual and practical needs. If nudity offends then a confest may not be for you. If you're after hard, practical facts then look out for a field day with a well-organised structure. Regardless of choice you can be sure there will be something around to suit you.

Who goes to these gatherings? Hippies? The drug crazed? or ordinary everyday people with a thirst for knowledge, and some good feelings in their heart to share? A little of all, and more to boot. But there aren't many of the ordinary everyday people attending, and certainly not many of those who are



The Down-to-earth Confest at Bredbo was held on dry, barren land – a harsh environment for a festival. Many gave their time to planting native trees and shrubs to help restore the natural environment.



Peter Pedals rode from Nimbin all the way to the Down-to-Earth Confest at Berri. His self-sufficient bike was fitted with a wide range of gears, CB radio, panniers; in fact everything he needed for the journey. His workshops were eagerly attended by those who wanted to learn more about pedal power and low-cost travelling.



The market place provides a worthwhile opportunity to sell your handmade wares to an appreciative audience. Stalls range from crafts, through food, home-grown produce and herbs to those with potbelly stoves.



The friendly camping atmosphere breaks down the barriers – lively discussions take place, meals are shared, children minded and lasting friendships develop.

eager to break away from the mould they're stuck in and develop a more meaningful lifestyle. At the moment too many of the converted attend and too few enquirers. If you are just exploring the idea of a more independent way of living, or even feel you have gaps in your present repertoire of skills and knowledge, then take the step and attend the next gathering you read about that challenges or intrigues you. You'll find much of what has already been mentioned — the lectures and workshops, the market place full of information about hard-to-find wares — but what you'll also find is the sense of acceptance, of sharing and of joy that flows between the people attending. And it's here that you'll find the real information you are seeking, and the real people you didn't think existed. The informal learning exchange — advice, contacts, products — is one of the most rewarding things about attending. At the toilets, round the campfire, queuing up for showers; all these are occasions for swapping favourite book titles, recipes for compost, or sources of hard-to-find herbs. Whereas people once attended local agricultural shows and displayed and discussed achievements, they now attend festivals and field days. They still evaluate the equipment and technology with a critical eye; they still weigh up the good and the bad points of the livestock, the garden

produce and even the food. But the competitive streak is missing and in its place is a communion of like-minded spirits, a celebration of harmony and goodwill.

In Tasmania at Organic 84 I read about a situation which illustrates this. Sister Lubke, well known for her experience and expertise with natural health and children, was approached in the shower block and asked a question. As she answered heads popped out of doors asking further questions, sharing individual experiences and swapping addresses. When Sister Lubke left the women were running their own informal meeting, their own informal learning exchange.

If you feel shy or diffident about attending a festival or gathering ask yourself what have you got to lose. I bet it's outweighed by what you'll gain!

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Hooked Rag Rugs

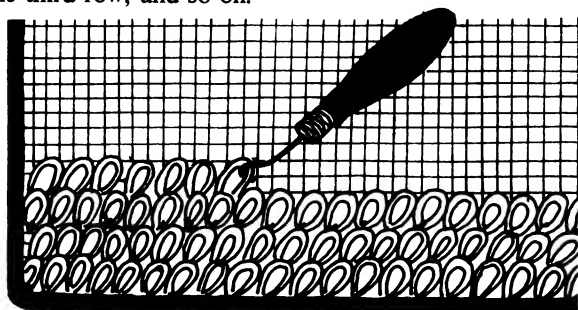
by Lolo Houbein, Bridgewater, SA.

A book picked up by chance at the library introduced me to the art of making rugs out of rags. Apparently it is a highly sophisticated craft in America, and there are even shops where materials can be bought and worn rugs repaired. Some rugs have even become heirlooms. Very old rugs were often made in black, red and creamy white, the colours of the suits and flannel underwear of the original immigrants from Europe. My English friends tell me rag rugs are still being made in England.

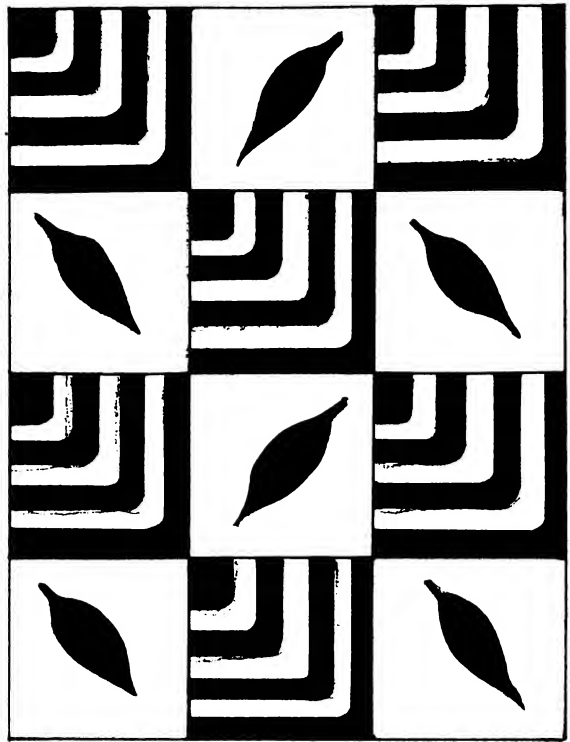
The idea is to use up your old clothes, but a little preselection is advisable. Pure wool cloth makes a springy, long-lasting rug, whereas cotton tends to flatten with use. Pretty rugs can be made using silk as part of the pattern. Cashmere wool shawls and Scottish plaid are collectors' items for rag-rug hookers in the USA. I managed to make my first small rug from various bits of old woollen skirts and a potato bag.

Coarsely woven canvas will provide a long-lasting base but, for your first attempt, a potato bag is just as good. For the hook I used an extra large crochet hook, although 'professionals' use a shorter hook fitted with a wooden handle. First, stitch carpet binding onto the edges of your bag or canvas, leaving the corners to be mitred later.

Select enough woollen skirts in matching or co-ordinating colours and of a dense weave that doesn't fray too readily. Cut into strips 1 cm wide. Hook the beginning of a strip through the first hole in the corner, letting it protrude by 1 cm. The strip is in your other hand under the rug. Skip one hole in the potato bag or canvas and hook a loop through the third hole, letting the loop project by 1 cm. Hook a loop into the fifth hole and so on. The end of the strip should be hooked to the surface, as the beginning was. The next strip's beginning is hooked up through the same hole as the end of the last strip. Go gently at first, so as not to pull the strip out in your enthusiasm; with practice you will become efficient very soon. If you are using a bag, skip one row of holes and work the third row, and so on.



I chose a simple design for my first small rug, worked in patterns of squares and lines with a modest leaf shape. Experienced rug hookers work flowers, animals and intricate mosaic patterns on rugs large enough to cover a living room floor.



Although canvas is stiff enough to hook a rug freehand, when using a bag it is better if pinned onto a frame. My homemade wooden frame is 100 x 45 cm and I rest it on a stool in front of me as I work. It's a useful frame for embroidery too.

Interesting effects can be attained by dyeing rags of different textures in the same colour, or simply dyeing a few pieces to match other favoured rags to be used. A few strips of fleece or thickly spun wool can also add interest. Opportunity shops often have 'grab boxes' where old clothes sell cheaply. But don't cut up anything that someone else can still wear — the idea is to use what otherwise would end up in the rubbish.

When the rug is finished, tack the binding lightly to the underside of the rug, and mitre the corners. It is said these rugs wear well and improve with age. I have also read that some mothers hooked up their children's favourite old clothes when they had grown out of them and then returned them, transformed into a bedside rug!

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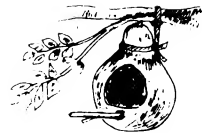
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GOURDS AND BIRDS



by Gypsy Jessop, Esk, Qld.

In previous issues (GR 34, p. 24-5; 35, p. 28) we have had articles on growing gourds, propagation, preparation, and the various uses they can be put to after the drying out process. Here is yet another way they can be used.

Gourds are particularly adaptable for bird houses and for bird feeding stations. They stand the weather well, and their natural forms and their lack of studied construction make them perfect for this use.

The size of the gourd will determine the kind of bird that will be attracted to it. The larger ones I have found to be just right for owls. Swallows enjoy a medium-sized gourd, about 15 cm (6 in) through and perhaps 15-20 cm (6-8 in) deep. The wrens will take any of the smaller gourds which are at least 10 cm (4 in) through and up to 15 cm (6 in) deep.

The entrance hole should be cut as round as possible and all sharp edges removed. Its size must of course conform to the size of the bird it will accommodate; 2.5 cm (1 in) in diameter is just right for wrens, while 3 cm (1½-1¼ in) will do for other small birds.

A twist of grapevine, a loose cluster of seed pods or a stud of gnarled apple twigs fastened just below the entrance hole makes an attractive perch. It is not essential to remove all dried seed material from the gourd. Most of the birds are industrious housekeepers, and seem to take a certain scolding joy in getting their new home ready.

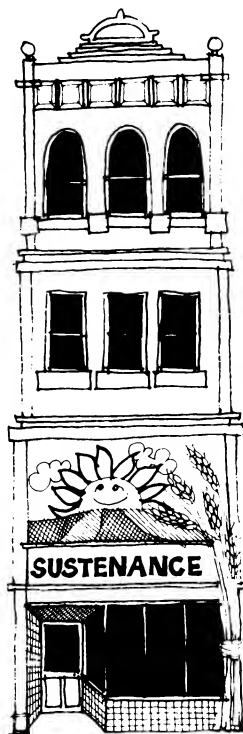
Five or six small holes should be cut into the floor of the gourd to ensure good drainage. And one small hole drilled

through the top of the gourd will admit the wire or thong by which the house can be suspended. In hanging the house try to place them so that the opening is away from prevailing winds and don't put several houses close together.

Feeders are also simple to make; just take a 38 cm (15 in) gourd and some dowel; cut the gourd in half, use the bottom for seeds and the top for a roof. Drill a small hole through the centre of both gourd halves, then put the dowel through and fasten apart so birds can sit on the feeder and eat. Put it into the fork of a tree or somewhere out of reach of cats or larger birds that could knock it over. This will attract a lot of different types of birds to help you get rid of your insect problems in the garden.

Help solve the birds' housing problems — it's interesting, fun to do, and having housed them, you'll find them most grateful tenants.

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ELECTRICITY FROM WIND POWER

using a home-made windmill

Part I

by Neil Wittenbach, Pearcedale, Vic.

The cost of extending mains electricity to a property without it can be prohibitive these days. And if you have just moved onto such a property after living somewhere that has mains electricity, it may come as a shock to realise just how many tools and appliances you own that are useless without electricity. Do you sell them all and start again? I am afraid that most of us have been spoilt and would find it hard to do without these conveniences; besides, a great deal more work can be accomplished with the use of power tools. So one has to look around for alternatives to mains power. Everywhere in Australia solar energy can be utilised by directly converting to electricity and storing. It is ideal for lighting or for use as a supplementary charging source, but represents an expensive system for the sole source of supply, requiring an inverter to run tools and appliances you already own.

Many articles have been written recently on the subject of using the power of the wind to generate electricity, and this is yet another, but one that is, I hope, written from a slightly different angle. The system I am proposing consists of a home-made windmill driving a car generator to charge 12-v batteries. Access to a well-fitted workshop and a degree of mechanical skill would be needed for its construction. Any rig constructed along the lines I propose will be made from recycled materials, so precise dimensions cannot be given and a fair amount of experimentation will be called for.

Storage

For the purposes of this article it is as well to begin at the end: once you have converted your energy to electricity, you will need to store it. The most commonly used form of storage is the lead-acid cell -- as used in car batteries -- in banks of six cells. Such batteries are known as accumulators because they can be recharged a number of times (unlike the dry-cell battery in a torch or transistor radio which, once the chemicals have been used up, is discarded). Accumulators have a limited life which depends on their rate of discharge and/or charge, and have a limited shelf life, but they are readily available. Other types of cell, such as nickel-iron or nickel-cadmium, initially are much more expensive but have a much longer life (some known to be 30 years old are still useful), are not damaged by discharging or standing, and in the long run are less expensive.

A word of caution: when changing from one type of cell to another, you may need a different number of cells to satisfy your system, and different charging rates for best results.

A bank of 6 lead-acid cells gives nominal 12 v but requires 13.2 v to charge.

A bank of 10 nickel-cadmium cells gives nominal 12 v but requires 14 v to charge.

A bank of 10 nickel-iron cells gives average 12 v but requires 15 v to charge.

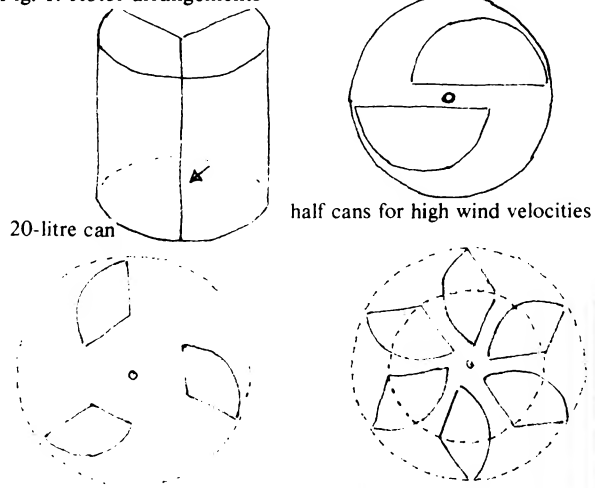
Constructing a windmill

An existing windmill can be adapted to produce electricity as well as pump water, but a simple home-made one built from 200-litre drums and 20-litre cans could also suffice. Various rotor arrangements are shown in Fig. 1. The mill could be set up horizontally or vertically as shown in Fig. 2. There are two main problems to be overcome. One is the difficulty of

achieving balance in the rotor. The other is limiting the maximum speed of rotation in gale-force winds.

Balancing the rotor. It is necessary to balance the rotor for the same reason that car wheels are balanced. At speed a small lack of balance can produce forces that are uncontrollable and lead to an accident. An unbalanced windmill could shake itself to pieces and bring down the tower.

Fig. 1. Rotor arrangements



To balance the rotor, two pieces of straight angle iron are needed. Support the rotor on the back of the levelled angle iron at the points where the bearings would normally support it, and gently roll it along. The rotor will rock itself to rest with its heaviest part at the bottom. Mark the bottom with chalk, remove some metal from this area, and repeat the rolling test. Weights could be added opposite the heaviest point, but these could fly off at speed. The operation is repeated until a random sample of resting positions is obtained without rocking.

Governing the speed of rotation. The maximum speed of rotation can be controlled by vanes which cover the rotor as wind velocity increases, or a braking system controlled by a governor could be installed. Fig. 2 shows possible arrangements of directional vanes and shield. In the horizontal arrangement, the lifting vane acts like an aerofoil on racing cars. Under wind pressure the vane tends to level, so moving the shield to cover the rotor as wind velocity increases. Fig. 3 shows a

Fig. 2.

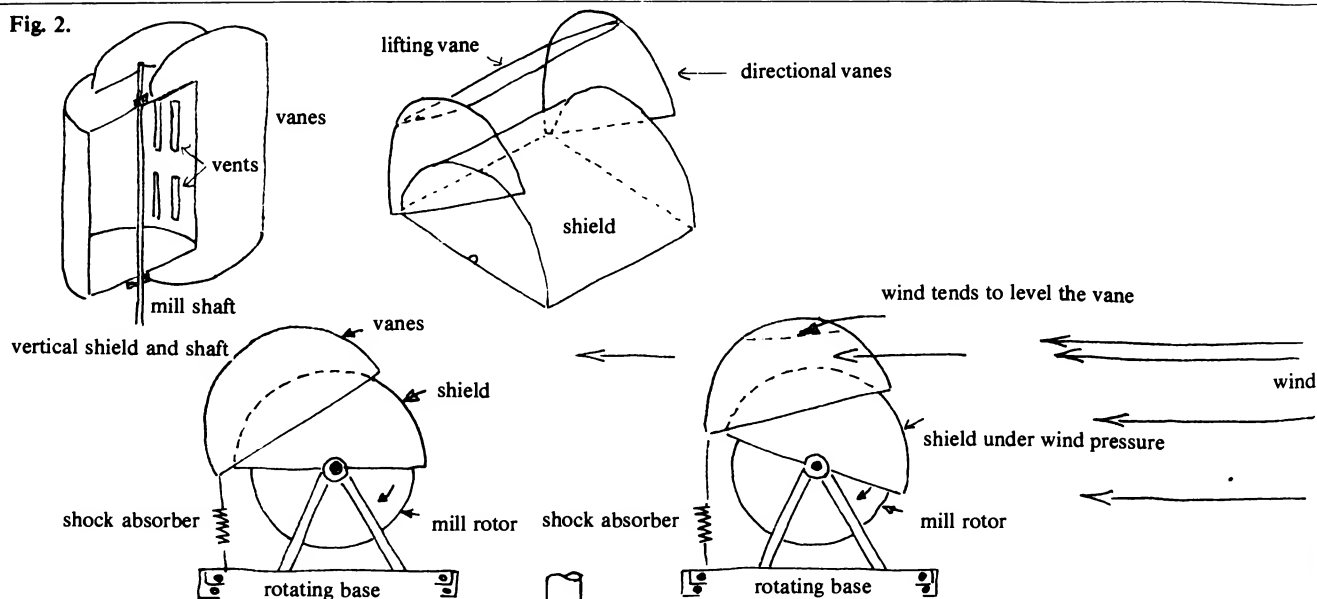
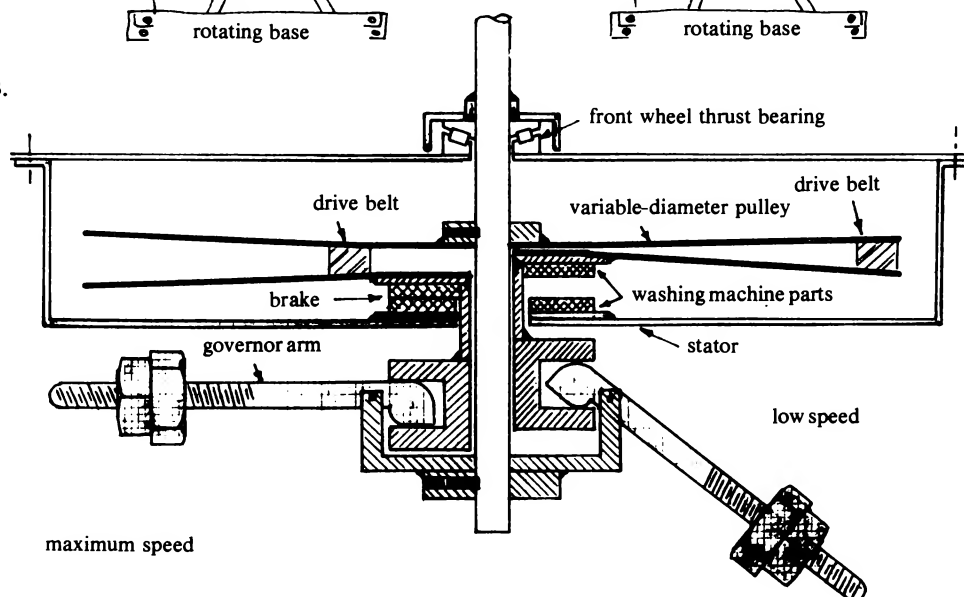


Fig. 3.



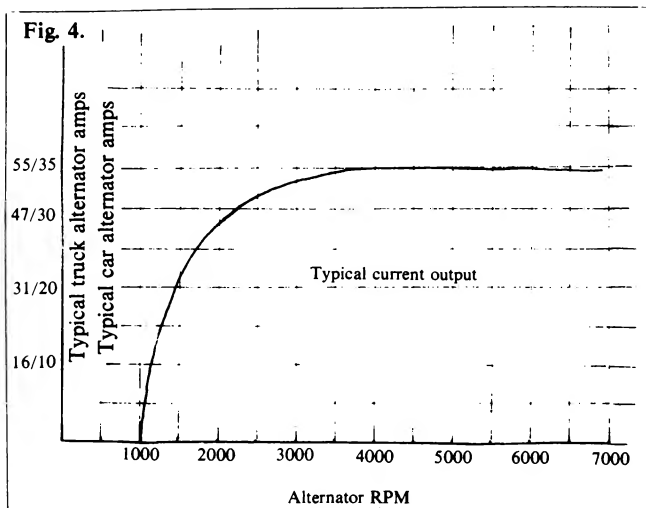
governor-operated braking system that could be employed instead. It is not as complicated to build as it might look, because most of the parts required can be salvaged from old washing machines incorporating a spin drier.

The governor can be adjusted by moving the locked nuts up or down the threaded arm. If insufficient adjustment is offered by this then an extra nut can be added; however, you must make sure that both sides are identical, even by going as far as to use the angle iron again with the arms locked in identical positions.

The rotating shaft has to be connected to a generator, either a DC generator as fitted to older cars or an alternator (AC) as fitted to more recent cars. Alternators are to be preferred for the same reasons that they were adopted in cars: 30% more output, especially at low revs, a lighter armature (rotor) producing less centrifugal force, simpler and more reliable construction, less brush wear, automatic cut-out with diodes (solid-state devices usually fitted inside the casing) when the current is reversed. Fig. 4 shows a typical output curve for a car and a truck alternator.

Using one of the windmills described, at a wind speed of 1 km/h, allowing for slip between the rotor blades by the wind and assuming that this wind speed is sufficient to overcome friction and produce enough power to drive the alternator, the windmill rotor could revolve at 15 rpm. The alternator, however, does not produce electricity at speeds below 1000 rpm (see Fig. 4). The pulley fitted to the alternator will be about 5 cm in diameter. Therefore the pulleys on the mill rotor would need to be more than 3 m in diameter. This is not practical, and since we are not sure that we can operate at this speed, there are no critical problems at this end of the scale.

At a wind speed of 100 km/h the windmill rotor could revolve at 1500 rpm. If this is the desired maximum speed of the rotor, then the governor arms should be adjusted so that the brake activated by the arms is set to cut in at this speed. A simple way of setting the governor arms without the need actually to measure the rpm of the mill rotor would be to mount the complete windmill with alternator on a trailer and drive along on a still day until a 30-amp discharge is registered on an ammeter with a dead load connected (for



example an old electric radiator bar). The brake should be set to cut in at this speed.

For speeds of 1500 rpm, the pulley on the windmill shaft should be around 12 cm in diameter. Now this just happens to be the size of the driving pulley at the end of the car crankshaft, so make sure you take it when collecting the alternator.

You will notice from the graph that the alternator achieves 80% current rating at around 3000 rpm, and that an increase in speed does not produce any appreciable increase in output. The engine of a car has been meticulously balanced to be able to sustain these higher speeds, whereas our mill has not. If you feel confident about your construction a slightly smaller mill pulley will achieve better results: less wind speed would be required to produce the torque necessary to start the alternator rotating. Also, a well-constructed mill would allow the rotor to reach speeds of over 1500 rpm and thus generate more than 30 amps.

This takes care of maximum operation. With a pulley of this size, performance at low wind velocities will be poor (remember the 3-m pulley!). There are some adjustable pulleys on the market, and one of these could be hooked in to the governor. Alternatively, you could make one yourself by buying a larger pulley (say of 25 cm diameter) made with pressed metal sides rivetted together. Drill out the rivets and connect each half to a separate bush. Then connect up to the governor as shown in Fig. 3. Any automatic increase in the mill pulley size will maintain or improve output current at the slower revs until the alternator reaches 1000 rpm.

If a variable pulley is not required the governing system can still be used with a fixed pulley; but in this case the entire pulley slides along the shaft.

As I mentioned at the outset, because of variations in individual manufacture, no precise sizes can be given, so trial and error must be employed to obtain the desired effect. Remember that you are dealing with some tremendous forces at high wind velocities. The second part of this article will show how an alternator can be connected up to a variable-size mill pulley. In the meantime, good luck with your experiments!

Neil is happy to answer readers' questions about the system outlined in this article. Write (sae please) to Neil Wittenbach, West Road, Pearcedale 3912.

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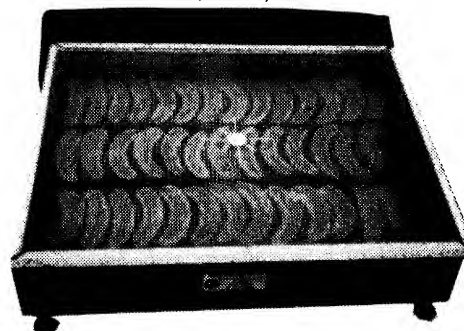
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A YEAR IN THE LIFE OF OUR HERD

by Andrew Hardwick, Glen Innes, NSW.

One of the biggest problems facing the inexperienced landholder is anticipating where time and money will go in the months ahead. Andrew Hardwick has shared with us a monthly synopsis of what is involved in keeping cattle and hopefully, in the future, we will be able to present rundowns on other ventures suitable for the back-to-the-lander.

JULY should see the first calves arrive; at this almost magical time new life appears in the paddocks and (as a rule) there are no hassles with good, stolid, hardy beef animals. However, heifers in their first pregnancy need to be watched; don't have them too fat.

The first indication that parturition (calving) is about to commence is an extreme restlessness. Instead of lying comfortably like the others your afflicted one will get up, usually swishing her tail in an agitated fashion, and then will lie down again almost immediately. The next sign is appearance of the bag containing the 'waters' or amniotic fluid; your calf is now about half an hour away on average (although we have had calves born quite healthy eight hours after the bag burst, so stop worrying, okay?).

When the feet appear, labour is on in earnest. Normal presentation is with the head *over* the forelegs and is trouble-free. *However*, should the feet reappear continually with no sign of the nose you have troubles. The main possibilities here are calf presented upside down; head turned back against body; breech birth; one foot or both turned back (head only appears). All these problems require human intervention. My advice to the uninitiated is to get the vet out pronto. Ask questions and watch closely.

All right! I know you haven't got the phone, the car has blown up and Dobbin has cast a shoe and gone lame. Oi vai! But everything's gone wrong today! So you must try yourself. Firstly put the cow in the bail or crush, but do not restrain her with a headlock or anything around her neck. You should be able to put a block of wood or a heavy rope about upper-leg level. Now have your fingernails *well cut back* and scrubbed, soap your arm with soft mild soap (Sunlight or Velvet) right up to the shoulder. Right or left arm of course depends on you but it should be the one you use most. The soap is a lubricant and it is necessary up to the shoulder because cows are an awful lot roomier in there than you ever imagined. Even Jerseys have a rather immense womb — Charolais and the like are unbelievable!

You should be able to feel the outlines of the calf. At this point it would be wise to remember that the calf is still joined to the wall of the uterus by the umbilical cord so be very gentle; remember these are two living beings so 'softly, softly' should be your motto whilst working here.

Work the calf around so that its attitude resembles that of a crouching diver on a springboard with the head presented over the outstretched forefeet. Now you will have to pull the calf as Bessy has probably become exhausted and is unable to push effectively, so slip two soft ropes one onto each hoof with a loose running knot and gently pull out and down; apply pressure when she pushes and holding the ropes taut (but not pulling) when she rests. The calf should slip out easily now.

Do not pull straight out because to do so could damage the mother's spinal cord, causing temporary or permanent paralysis.

Now leave both mother and calf alone for the natural bonding process to take place. Oh yes — release the cow from her crush and let her lick the calf. I still feel it would be best to get out the vet for the first couple and ask questions. If your vet objects to you asking questions — *get another vet*. They are usually quite happy to impart knowledge to neophytes.

If the calf's head emerges but no more will come, you have a calf with unduly large shoulders. This situation *does* require experts, and *fast* if you are to save the calf, which can choke in the birth canal. In order to minimise the likelihood of this problem occurring you can (a) choose cows or heifers with wide hips which indicate broad pelvic bones — essential for easier calving, and (b) avoid like the plague all bulls with heavy bone structure or broad shoulders. A plug for Murray Greys here: their calves are born smaller than average but rapidly overhaul the weight gain of other British breed calves.

JULY-AUGUST is the optimum time here on the Northern Tablelands and is favoured by traditional cattlemen. The land is still in the grip of winter, the milk demand from the calves is low and the supply is easily sustained by the available dry feed plus any good-quality hay supplement. Don't worry about the cold, we have had newborn calves skipping and gambolling in snow and -10°C. Bear in mind that our traditional cattle originated in a northern-hemisphere climate much colder than ours.

Now the bovine digestive system is quite remarkable and a cow can derive a good supply of nutrients from dry pasture hay (don't buy baled straw, it is virtually useless as cattle fodder), but she will be greatly assisted in her digestion of this material if you put out molasses/urea blocks. These blocks, licked by the cow provide a medium in which the gut bacteria are assisted in the breaking down of this hay into the essential starches, sugars and proteins.

SEPTEMBER should see all calves born and a lush green pick coming on all the surrounding paddocks. Resist the strong temptation to put your cattle in on this soft new pasture, it is *too rich*! Their stomachs, unaccustomed to such a drastic change in diet, will be unable to cope and the animals will scour badly. So keep them in the winter paddock with supplementary feeding until October.

OCTOBER begins with a general drafting of your herd into the yards where every animal is drenched for worms with one of the many brands of chemical drench put out by the big multinational chemical companies. Sorry, but they are unavoidable, though you can cut drenching to twice a year with good management. If you have wet ground, springs, soaks or are on creek or swamp flats a combined fluke/worm drench would be wise.

This is der TAG (*the day*) for the bull, who should have had a supplement of crushed oats added to his ration in the month leading up to his being put with the herd. Mega-doses of vitamin A would not go astray on a weekly basis either (A

for aphrodisiac). Seriously though, vitamin A will build up his energy reserves and stamina. A healthy bull has enough sex drive, and won't miss any cows, you can be sure of that! One bull should serve up to 45 cows in a season.

Now everybody can go into that green paddock that has been kept locked all winter. When the grass is about 3 cm (1½ in) high, move them to another paddock. This ensures that pastures are not damaged by overgrazing. (This is pre-drought management!)

The average gestation period for cattle is accepted as being 284 days, but do not be dismayed if an animal whose service date you have noted down is late. We had one that did not calve until the 304th day of gestation. So look at gestation time as being anywhere from 280 to 304 days. It is probably connected in some mystical way to the lunar cycle. You are now right until mid-December.

In MID-DECEMBER the herd is once again brought to the yards for vaccination with 5 in 1 vaccine. This immunises them against pulpy kidney, tetanus, Black's disease, malignant oedema and blackleg. Pulpy kidney is the most important as regards frequency of attack, though the others are also vitally important to guard against. Also at this time you must decide what to do with the bull(s). You have two choices here; either they/he goes back to the bull paddock or you split the herd into two, with the bull going with the mothers and steer calves, and the mothers and heifer calves going to another paddock. The reason for this is that the heifers have grown nicely (we hope) and, being fit and healthy, will start cycling very soon (i.e. they will soon have their first period). When this happens neither party has any scruples regarding incest! You can now return to a paddock rotation scheme until April.

In the last week of MARCH or the first week of APRIL, wean all the calves and confine the bull to his winter paddock. Oh, and be sure to drench everyone for worms/fluke. Now all the mums go off to the winter paddock, which should have been locked up for the past three months, and you have two options with the calves. Firstly, you can sell them straight away, but I don't advocate that. They are already in trauma from weaning, so why compound the trauma? The second option is to shunt the calves off to a good feed paddock (not right next door to mum) and let them settle down. This will take about a week, during which time they may lose condition. The choice is yours, so be guided by what seems best for you.

Some Diseases of Cattle

Blackleg. Not common here, this disease causes death in young cattle. Subcutaneous gas causes the skin of the corpse to be dry and crackly. Burn the corpse and inform the vet immediately.

Brucellosis. The object of a vigorous government eradication campaign, this disease results in abortion of the fetus at seven months and can cause an 'abortion storm' in previously unaffected cattle. Infertility can result, so I hope you have a tested brucellosis-free herd. Don't put new stock with your herd until you have had them blood-tested free of the disease. If the disease is found on your property, it will be placed under immediate and strict quarantine. Brucellosis is transmissible to humans, when it is often known as *undulant fever*, and is particularly nasty, so avoid the disease at all costs. If you

suspect the disease notify the government vet (or PP Board in NSW). You can't keep it hidden and it would be foolish and irresponsible to try. Anyway, it could be leptospirosis.

Leptospirosis. Commonly known as 'red water', this disease can also cause abortion in female cattle. The leptospira virus (sounds like a pop group) invades the bloodstream and may infect the pregnant uterus, causing abortion; or it may infect the udder, causing blood-stained milk, and/or the kidneys causing 'red water'. Humans and dogs are also prone to this disease.

Tuberculosis. I think this is completely eradicated but please have your house cow tested for it! Infected milk is a particular danger to children.

Johne's disease. A wasting disease where clinical effects show up only on adult or young adult cattle. There is no treatment available so this is also a notifiable disease. Slaughter and *long* quarantine (as bacteria can live for years on pasture) is the only control.

Tetanus. An often fatal disease affecting animals of all species including humans. Have you had an anti-tet shot lately?

Venereal diseases. *Vibriosis* causes poor conception rates in susceptible cows. Infection and spread is almost solely by service and the organism lives for long periods in the sheath of the bull. Prolonged sexual rest is the best cure, perhaps with artificial insemination (AI) to rest the bull for longer.

Trichomoniasis. Similar to above.

Vaginitis. A bovine venereal herpes affecting cows and bulls. Recovery occurs within weeks with sexual rest.

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This is just a run-down of a few of the diseases you may come across. Don't be alarmed though because cattle are normally fairly tough and disease-resistant. Just enjoy their company, and once they trust you they will enjoy your company too. Oh! I forgot to mention the following.

Bloat must be watched for in the times of lush growth; keep a lookout for a leguminous dominance in your pastures. Legumes are all the clover family, lucerne and vetch. The legumes foam and give off large quantities of gas which cannot be coped with by the cow's natural belching. The animal, if not attended to quickly, can die from asphyxiation as the distended stomach compresses the diaphragm.

Milk fever is caused by calcium deficiency in the mother. She has shunted much of her own calcium into the developing calf's bone structure; later a rush of calcium is shunted off to milk production. If she cannot make up this serious depletion of her own calcium, complications will set in. I suggest you read Shirley Broomhall's article *Polly, Bloat and Milk Fever* (GR 31, p. 38) for a fuller description of the last two ailments and their cure. Local libraries may be able to help with books and the regional officer of the Department of Agriculture should have pamphlets available *gratis*. Good luck.

TO AVOID MILDEW IN DAMP SEASONS

Place saucers filled with quicklime in cupboards, wardrobes and other likely spots. When the lime absorbs moisture, replace with a fresh saucerful.

TANNING

'Waste not, want not' ran the old proverb, and one skill that will help you achieve this maxim is tanning. The following two articles will start you on your way.

TANNING SHEEP SKINS

by Locky McLaren.

Sheep skins can be tanned at home to produce rugs and many other articles. A good finished product is possible by following the steps outlined below, but practice is essential for the best results.

Selecting Skins

When selecting sheep skins for tanning keep the following points in mind.

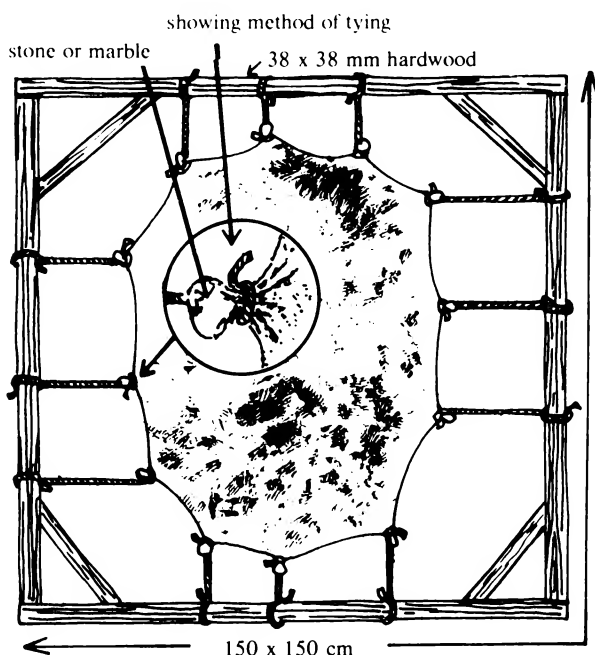
- Skins from British Breed or crossbred sheep are easier to tan than Merino skins.
- Lamb skins give a softer product than skins from aged sheep.
- Length of wool is important. Floor rugs need a 4-6 cm staple length. For car seat covers a 1-2 cm pile is better.
- The skin should be free from cracks, creases and damage from rats and weevils.
- The skin should be free from holes or cuts.
- Blood and brands might be difficult to remove.

Preparation

Soak skins, whether previously dried or not, in water containing 10g of common salt a litre. The salt helps to preserve the skin and prevents the wool from pulling out. The skin should be completely soft after 24 hours.

Scour the wool thoroughly two or three times with detergent and warm water (25°C) and rinse with clean water after each wash. This should remove the grease and dirt from the fleece. If the wool is not clean and white the skin can be soaked in a one per cent hydrogen peroxide solution; if this

Method of stretching a sheep skin



does not work the solution can be warmed to about 38°C. Squeeze the skin as dry as possible without wringing it.

Stretch the skin out on a frame — a car pack rack or iron bed frame is suitable. When tying to the frame avoid cutting the skin by stretching it over small stones and looping the ties around the skin behind the stones. Using this method, tie the skin to the frame at 12 points.

Place the skin in a cool, sheltered shed.

Flesh the stretched skin. The ideal tool is a serrated paint scraper with the sharp edges buffed off. A blunt knife is also satisfactory. Remove all meat, fat and other tissues, then rewash the flesh side of the skin if necessary.

Tanning

There are many different methods of tanning. Most commercial tanneries use either wattle bark or chrome methods. These produce a permanently tanned, washable skin. However, the process involved can be tedious, and is certainly time-consuming — wattle bark tanning takes many weeks.

There are two simple, quick and inexpensive techniques, one using bicarbonate of soda and lighting kerosene, the other salt and alum. Both methods will preserve the skin but not permanently tan it. The dressing will leach out in water, so the finished products must be dry-cleaned, not washed.

Salt and Alum

Mix 300 g of common salt and 400 g of alum (aluminium potassium sulphate) in 2 litres of warm water. Bran or flour is also needed to retain the mixture on the skin. This mixture should be enough for one or two skins.

Paint the skin with the mixture immediately after fleshing. Sprinkle on enough bran or flour to form a thin paste and leave the skin lying horizontally. Cover it with plastic or paper to prevent rapid drying. Apply extra coats throughout the day, if necessary, to keep the skin wet.

After 24 hours scrape off the old mixture and apply fresh tanning solution. Repeat this procedure each day until tanning is completed. This may take five or six days.

At each reapplication flesh the skin again with the scraper. This will ensure any remaining flesh and fat is removed and help attain a good finish.

Cut the edge of the skin to check that tanning is complete. Salt/alum tanning produces a white skin. Tanning is finished when the solution has penetrated the skin completely, producing a uniform white colour.

Once tanning is finished allow the skin to dry while still stretched taut on the rack.

Carb soda and lighting kerosene

Make a thin paste out of 1.5-2 kg (3-4 lb) of bicarbonate of soda, and lighting kerosene; apply to the flesh side of the skin with a paint brush or by hand. The amount of carb soda

needed will depend on the size of the skin, but ensure that the whole skin is covered.

The mixture should be left on the skin for three to four days. It must be kept damp, so it may be necessary to add a little more of the mixture if that already applied dries out.

After three or four days remove the solution and flesh the skin again with the scraper to remove any remaining flesh and fat. Reapply the carb soda mixture and leave on for at least 24 hours. Then remove the mixture and allow the skin to dry completely while still stretched taut over the rock.

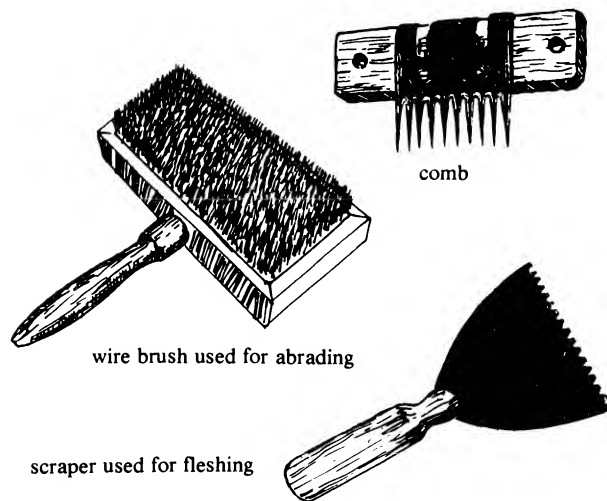
For both methods abrade the skin frequently during drying to ensure it will be soft and pliable. A fine wire brush is best for this job.

Finishing

Combing is the most tedious stage of the process. Use a coarse comb, or a shearing comb with the points buffed off and attached to a wooden handle. Drag the comb through every staple of the fleece. Long, dense fleeces will take a lot of combing to remove all the matted and crossed fibres.

Tease the combed wool with the fine wire brush used previously for abrading the skin. This will remove any remaining fibres and give a bright, fluffy finished product.

'Cropping', to produce an even pile, can enhance the appearance of the skin.



Reprinted with the permission of Department of Agriculture, South Australia from fact sheet No. 83/77 written by Locky McLaren, Senior District Officer.

For more information on the kerosene and bicarbonate of soda tanning method see the article *Tanning at Home* by David and Meg Miller in *Earth Garden* No. 4.

TANNING MADE EASY

by Alison & Leigh Roach, Exeter, Tasmania.

There seems to be a lack of sound, but simple knowledge on the tanning of hides. I have read books and articles and discussed methods with other people and have finally found an easy reliable method. I hope the following information will be beneficial to others who would like to become more self-sufficient.

When tanning sheepskins the choice of skin is important; the length and colour of the wool selected will vary depending on its later use. I have found the easiest way to obtain suitable skins is through a local abattoir. For mats, the length of wool needs to be about 2-5 cm (1-2 in) long. Shorter fleeces are ideal for making garments such as coats, ugg-boots, hats and mittens. The skin needs to be free of cuts, and preferably free of brand or dip marks.

Once you have obtained your fleece trim the legs, tail and head pieces and follow this process.

1. Soak the skin in salted water for 24 hours (500 g (1 lb) of salt to 5 litres (1 gal) of water).

2. Stretch the skin and secure to a frame. This can be cheaply made from 5 x 2.5 cm (2 x 1 in) timber and heavy duty chicken wire. Use wool bale hooks to secure skin to the frame, making it easy to remove.

3. Wash skin on both sides with a hose, removing all blood and dirt. Scrape as much fat and flesh off the skin as possible using a paint scraper.

4. Using a large brush, paint on a solution made from the following ingredients.

$\frac{3}{4}$ cup chrome powder (obtained from a tanning supplier or from a chemist)

$\frac{1}{2}$ cup salt

1 tbsp sulphuric acid dissolved in one gallon of hot water.

5. Leave until the chrome has started to soak into the skin; depending on the weather this usually takes 3-4 hours. Then paint on another coat of chrome and leave it to soak in. Continue doing this until the chrome starts to soak through to the wool side — usually after 5-6 coats of chrome.

6. Leave the skin for 24 hours then apply a solution of 1 cup neatsfoot oil mixed with 1 cup of hot water.

7. The skin can now be left to dry in the shade.

8. When the skin is damp dry the finishing process begins. Using a coarse sanding disc, or a wire brush on an electric drill, remove all flesh and excess fibre. The more the skin is worked the softer it will become.

9. Leave the skin on the frame until it is very dry, then remove and rub over a wooden rail to soften more if necessary.

10. Wash skin in washing powder, then bleach if required; rinse in fabric softener and hang to dry in a shady place.

11. Your skin can now be used for sewing or, if it is to be left as a floor rug, brushed with a wire dog brush.

Once you have used this process you will see just how easy it is. The most critical stage is choosing the right drying stage to sand the hide. This method can be used for all types of skins — rabbit, wallaby, and cattle. I have recently completed a steer hide but am finding it difficult to soften. If anyone has the answer or some suggestions I would be most grateful to hear from them. Write to Mrs Alison Roach, Loop Road, Glengarry, Exeter 7251.

HANDY HINT

To keep lemons put them into a jar and cover them with cold water, with a saucer over them to keep them under the water. They will keep fresh and juicy for a long time. The water must be changed twice a week.

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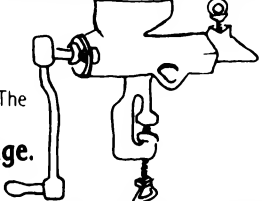
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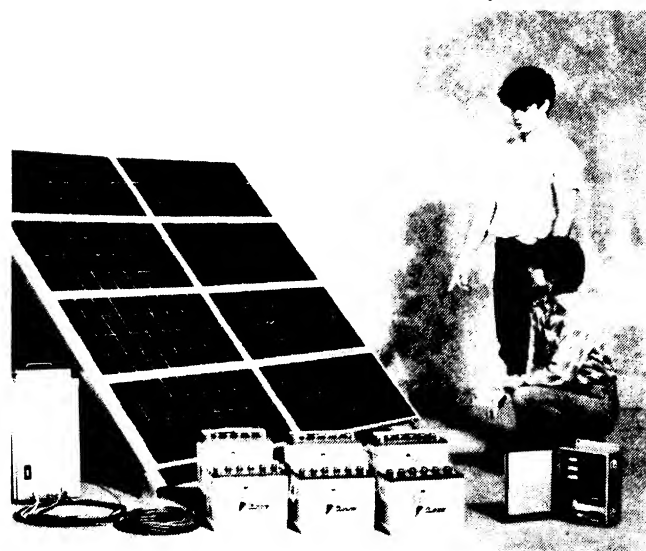
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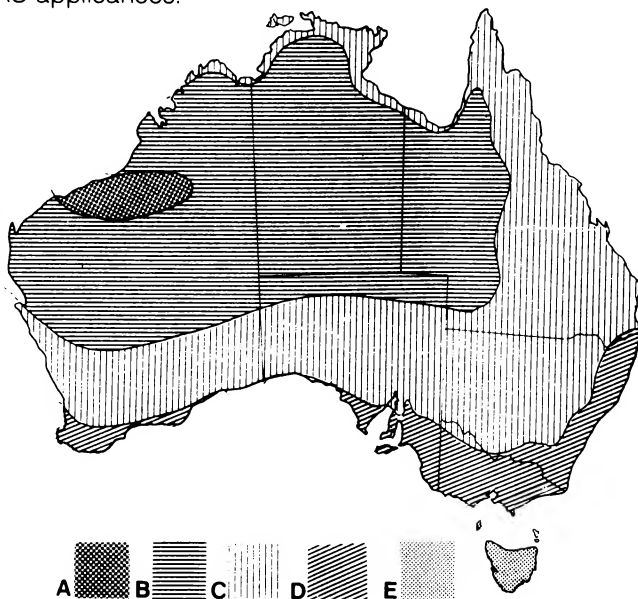


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BACH FLOWER REMEDIES FOR ANIMALS

by Elke Holt, Julatten, Qld.

A general introduction to the Bach Flower remedies — *Self-Sufficient Health* by Maureen Edwards — was published in GR 42 and should be read in conjunction with this article.

There are 38 Bach Flower remedies available for the treatment of imbalance and disharmony within the personality. The 39th remedy the **Rescue Remedy**, is made up from five of these 38 remedies.

The principles of using Bach Flower remedies for the treatment of the whole person to restore balance and harmony within can also be applied to the animal and plant kingdoms. To administer the Bach Flower remedies, which come in 25-ml dropper bottles, apply a few drops (two for small creatures, four to six for larger animals) straight onto the tongue. It will work quickly and be more easily absorbed that way. Some people put a few drops into the animal's drinking water, but that is not practical in my home. Here the donkeys drink the dog's water, the dog waits until I turn my back and laps up the cat's milk, who then in turn sneaks up and steals some food from the dog's dish. To be sure that the patient is really getting its medicine I therefore have to put it straight on the tongue.

The **Rescue Remedy** is composed of five remedies: **Rock Rose**, **Star of Bethlehem**, **Clematis**, **Cherry Plum** and **Impatiens**. It should always be applied where there is pain, shock, extreme fear, unconsciousness, hysterical conditions, and fits. In acute cases it should be given very frequently. As recovery is progressing administer it every 15 minutes, 30 minutes, and then every hour as necessary.

Apply directly on stings and scratches or make a compress: sprinkle it on a handkerchief or whatever is handy and place it on the affected part. I found it to be of great assistance in removing splinters from paws. If you give the animal a few drops before you start, it will quieten down and enable you to extract the splinter.

If you have to take an animal to the vet for surgery, give it a few doses before the operation and frequent doses after to ease the shock and pain. When you have to castrate lambs or cut their tails **Rescue Remedy** given orally and locally will help the animal to overcome the shock. It will help with bruises too, but homoeopathic **Arnica 30 X** is better in that case.

If you have a dog which is terrified whenever there is a thunderstorm a few doses of **Rock Rose** will help it to calm down. You should give it three to four drops four times a day in the beginning of the storm season and continue the treatment right through until the end, and more frequently during the storm while it is a shivering heap. You might find that by the end of the season it hardly notices the thunder.

If your dog is timid, lacks confidence and is frightened of many things, treat it with **Aspen**, **Mimulus** and **Cerato** four times daily for a month or two.

When you go away on holidays and place your dog or cat with friends or in a kennel, or if you have to part with an animal and send it to a new home, **Walnut** given some days before and after the change, three to four times daily, will help it to settle down quicker in the new surroundings. If it still pines and refuses to eat, **Sweet Chestnut** will reawaken its interest in life, and **Honeysuckle** will keep it from being

homesick. Homoeopathic **Ignatia** will also help you and your dog over the parting grief.

Sclerathus will give relief from travel sickness.

For skin problems, blood poisoning, septic wounds **Crab Apple** is the chosen remedy, but for severe cases homoeopathic aid might be needed.

For the puppy who is slow to learn treatment with **Chestnut Bud** for two to three months will improve it.

If an animal has been exposed to a lot of radiation (from X-rays, or even a colour television) a mixture of **Cherry Plum**, **Aspen**, **Crab Apple**, **Walnut**, **Water Violet** and **Olive** will be beneficial.

Walnut is also the remedy for changes in the life cycle, like growing from puppyhood into an adult dog, or growing old. For that reason it is also recommended as a treatment after spaying or castrating.

For an apathetic animal which lacks vitality and makes no effort to recover, **Wild Rose** will restore its vitality and involvement in life.

Hornbeam is the appropriate remedy for temporary exhaustion, but for exhaustion after long-term stress and suffering **Olive** will be needed for complete recovery.

For the hyperactive dog **Vervain** is the suggested remedy: for the possessive, jealous animal **Chicory**; for the nasty tempered, aggressive, suspicious animal, which has been mistreated in the past, use **Holly** for some months.

For the bossy hen who pecks all the others until they bleed, or the ill-tempered old goat who bosses and fights all the time **Vine** might sweeten their characters a little. But be careful here to differentiate between a really nasty character and the natural pecking order of animals, which should not be interfered with.

If you have a dog or cat who is usually affectionate, but on odd occasions growls or sinks its fangs into your hand while you are petting it, a treatment with homoeopathic **Nat Mur 30 X** (three doses eight hours apart, every three months) should improve its little tantrums.

The length of the treatment depends on the acute or chronic state of the problem. Acute states can be treated with frequent doses as often as every five minutes and need not be repeated for a long time, while chronic problems sometimes need months of treatment to clear up. When there is a halt in the progress of the healing, **Star of Bethlehem** is recommended to remove the effects of shock, even if that shock occurred years ago.

I hope this article will help some four-legged friends and their owners. If you have any specific questions please write to me and I'll try to come up with an answer (provided you write your address clearly). You can also order ready-mixed Bach Flower remedies from me.

Elke may be contacted at The Pyramid, Wholistic Healing Centre, Julatten 4880. N.B. There will be a change of address after August 84.

HOW TO FELL A TREE — SAFELY

Experienced fallers, no matter how well taught or how well versed they are in the skills of tree felling, can all tell of many accidents or near misses they have seen. Tree felling is a very hazardous occupation characterised by a high proportion of fatal accidents but, like any other job, observance of safe working practices will reduce the hazards.

PHYSICAL FITNESS

The first requirement is that fallers be physically fit and reasonably active. Any man with any disability which restricts his ability to move quickly when required should not engage in tree felling

INSTRUCTION

No man should engage in tree felling until he has been thoroughly instructed in the techniques of falling, has been made fully aware of the hazards and dangers which may occur, and knows the safety precautions necessary at each stage of the job.

CLOTHING

He should wear well-fitting clothing. Flopping sleeves, trouser legs, overly loose jumpers or flying shirt tails can too readily catch on something causing the man to trip or stumble or to misdirect a blow. Safety helmets should always be worn for all falling operations. Good solid boots, giving a maximum of support to the feet, with soles and heels either sprigged or with non-slip tread are essential — safety boots with steel toe caps are, of course, by far the best, but no matter what type, the soles and heels should not be worn smooth and should provide plenty of grip for the conditions the faller is working under.

OTHER PEOPLE IN AREA

During any felling operations each faller must keep aware of any other people in the area. He should not fall a tree directly uphill from any other men (nor should he work in an area immediately downhill from tree falling), nor should he fall a tree if he suspects that anybody is on or near the area where the tree will fall. Where falling is being carried out near a road or a track which may be used by other persons, prominent signs should be displayed on the track on each side of, and before reaching, the danger zone.

APPROACHING TREE

When walking up to the tree to be felled its crown should be carefully inspected for broken or dead limbs which may be dislodged and fall during felling. The crowns of nearby trees should also be inspected at the same time. Often these 'widow makers' cannot be seen from directly below but are easily seen from a short distance.

LEAN OF TREE

On arrival at the tree the first essential is to gauge the direction and amount of the natural lean of the tree. Overhanging or interlocking branches and limbs, which may interfere with, or regulate the normal fall of, the tree should be considered. The natural pull of gravity will always prevail and it is not possible to fall a tree against its natural lean, though it may be guided to some extent.

WIND

Falling should not be done when strong winds are blowing. Even with a light wind, the effect of the fall of a tree, particularly a large crowned tree or a very tall tree, can be most marked and the effect of wind should be considered before starting to fall.

BED

If possible plan the falling path or 'bed' of the tree so that it is clear of obstructions. Intervening trees or branches may deflect the tree in its fall and rocks, stumps or logs on the ground may shatter the tree when it falls.

CLEAR AREA

Before commencing to fall, clear a working area around the base of the tree. This should be large enough so that no nearby vegetation will interfere with the swing of any tools and so that there is sufficient room to lay out on the ground any tools and gear not being used. It should be clear enough so that there are no obstructions to the feet and so that the faller can obtain a good footing.

ESCAPE PATHS

The next step is to prepare suitable escape paths for use in the event of a mishap. Two of these should be selected and cleared of obstructions for at least 25 feet back, and each at an angle of 45 degrees to the direction of fall of the tree.

WARNING TO OTHERS

Before commencing to fall, the faller should warn all other persons in the vicinity that he is about to commence. Before finally dropping the tree he must repeat his warning and make sure that his warning has been heard and taken notice of by other persons in the vicinity.

SCARF

The bottom cut of the scarf should be made horizontal and the upper cut sloping down toward it so that a wedge-shaped piece is removed. In falling with a chainsaw the two cuts may be made parallel and the piece between knocked out by axe or hammer. For very small trees, a single chainsaw cut may be sufficient. The depth of the scarf into the tree should be one-third of the diameter of the tree. The height of the scarf should be 2½ inches for each foot of the diameter of the tree — the crown of the tree should move through an arc of 30 degrees before the scarf closes. The scarf should point directly in the direction in which the tree is intended to fall. In a tree with a considerable lean the scarf should be cut deeper into the tree to prevent it splitting up the trunk when it commences to fall.

BACKCUT

The backcut should be as level as possible and two to three inches above the bottom of the scarf. This provides a step

between the backcut and the scarf which helps to prevent the tree sliding backwards off the stump. The holding wood on each side of the tree should not be cut through or the tree may spin off the stump when it falls. A wedge-shaped holding wood, thicker on one side than the other, will pull the tree slightly to the side on which the wood is thicker to counteract lean. In heavily leaning trees it may be necessary to cut the sides of the tree first (behind the holding wood) before cutting through at the back of the tree, to prevent the tree splitting up its length. Wedges should be used to prevent the tree riding back and binding on the saw — these also help to control the direction of fall to some extent.

FALLING

As soon as the tree begins to fall and the cut begins to open, remove the saw from the cut and place on the ground. Immediately move to a safe position 20 to 30 feet from the tree and watch the tree as it falls, looking out for falling branches, broken and flying limbs, whip back from nearby trees, etc. Your retreat from the tree should be by walking, never by running. Wait until the debris has settled then inspect the crowns of surrounding trees for any debris that may have lodged temporarily before entering the falling area.

Once falling of a tree has been started, it must be finished. Never leave a tree 'half-felled' — always complete the falling before leaving it.

HUNG-UP TREES

Particular care needs to be taken when a tree hangs up in another. Such a tree is best brought down by pulling it with a tractor or winch, but can be brought down by falling another tree into it. In this case remember that the second tree may swing sideways or kick back when it hits the first. The second tree should also be chosen so that it is big enough, or falling fast enough when it hits the hung-up tree, to bring it down, or it may become hung-up too. In the case of very small trees, the butt may be levered off or away from the stump.

TRIMMING

When trimming the branches work from the butt of the tree towards the head. Always stand on the uphill side when trimming a large area and when trimming small trees stand on the side opposite that of the limb to be trimmed. Always stand in such a position that any deflection of the axe will not cause it to hit you.

Do not cut off any branches which are or may be propping up the tree until it is sufficiently well chocked to stop it dropping or rolling.

Remember that a branch of a felled tree may spring with considerable force when cut off and could cause serious injury.

CROSSCUTTING

When crosscutting stand on the uphill side of the tree and clear an area large enough to work in without hindrance. Make sure you have a firm footing free of obstructions to the feet. Before commencing the cut, chock the tree if necessary so that it will not drop dangerously or roll when cut through. Bridging cuts should be made from underneath the log to avoid pinching the saw in the cut. Beware of the log rolling or

kicking as it drops when such a cut is finished.

Wherever possible, fallers should not work alone but should always be within calling distance of another person.

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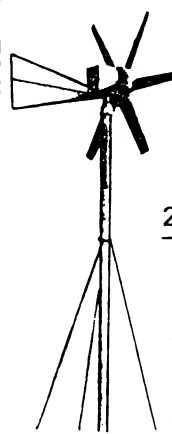
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BEES...BEES...BEES...BEES...



Part III

by Andy Thomson, Biloela, Qld.

Part I of *Bees* covering equipment and locating hives appeared in GR 39, and Part II, on starting with bees — nucleus hives, swarms and wild hives, in GR 40.

When keeping bees it pays to check on the hives to see how they are going. When you see that the frames are about three quarters capped it is time to extract. Fresh honey contains a considerable amount of water, and when extracted green it may ferment. When you are out near your hives at night and you can hear humming; don't worry, the bees are curing the honey (evaporating excess moisture from the nectar). On a good flow this can go on until after one o'clock in the morning. Because we follow the honey flow (we move our hives to different areas to catch what is currently flowering) we extract every fortnight, and because we extract so much honey, odd partly filled frames make little difference. But for the average beekeeper a frame should be three quarters capped before it is extracted.

There are many ways to remove the bees from the supers of honeycombs, ranging from blowers to chemical mats. These have evolved partly to be more efficient and also to reduce the risk of fire. In fact, while on the subject of fire, it is important not to empty your smoker on the ground or drop any matches when lighting up. Put a small piece of bag in the spout, which effectively puts the smoker out and means it will be easier to light next time. Light your smoker before you put your gear on (there have been many cases of beekeepers' veils, and sometimes even clothes, catching fire). Fires from carelessly dropped smoker fuel and matches are common so please be careful.

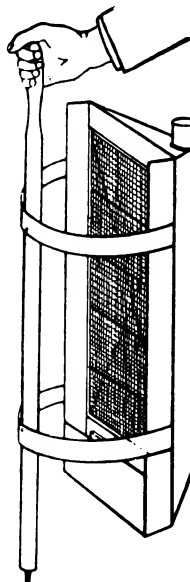
Providing you have a queen excluder, robbing is a simple matter. Put a little smoke over the top box and take each frame out one at a time. Give each frame one or two sharp downward shakes to dislodge most of the bees and then a quick brush with a bee brush will remove the rest. Don't leave your hive without a honey super for long, otherwise the bees will start to fill the brood chamber with honey. We always put another super on immediately.

Uncapping is easy. All you need is a pot of boiling water on the stove and a couple of sharp long-bladed knives (bread knives will do). You can use special steam or electric capping knives but they are expensive. We use steam knives; I found I didn't like the electric knife — it burnt out (I probably dropped it). Hold the frame on its end and with your knife, using the top and bottom part of your frame as a guide, cut from the top down with a sawing motion which will cut more evenly.

For those that can't afford a small two-frame extractor, a slinger, which is a hand-operated single-frame extractor, would be a cheaper alternative (see fig.1). The top bar of the comb goes to the outside as the cells slope upwards. A fine kitchen strainer or sieve is ideal to strain the honey.

In winter, honey is cold and is very hard to extract; it also candies readily. If you want to return the honey to its normal consistency either leave it in the sun for a while or warm it lightly, taking care not to burn it. Always seal your honey

Fig. 1



because it attracts moisture. We use a twelve-frame semi-radial extractor that has special heating coils inside and our storage tanks are all steam heated.

A bee brush is inexpensive but a wing feather from a large rooster, goose or turkey will suffice. Wash bee-brushes in warm water to clean the honey off.

Occasionally, when we have accidentally left frames propped up beside boxes, we have come back to find that the bees have partly filled them. This is unusual because the bees mostly collect the honey and take it back to their hives. Sometimes

bees will also carry eggs up into the top box but in most cases it's only a few eggs and may only cover an area the size of a matchbox.

Sometimes a new queen may be killed or lost on her mating flight. When this happens you will find that there is a general decline in the bee numbers and no new brood is produced. Take a frame with a brood or, if you can afford it, two frames, and put them in the hive without the queen. The bees will use this to raise another queen.

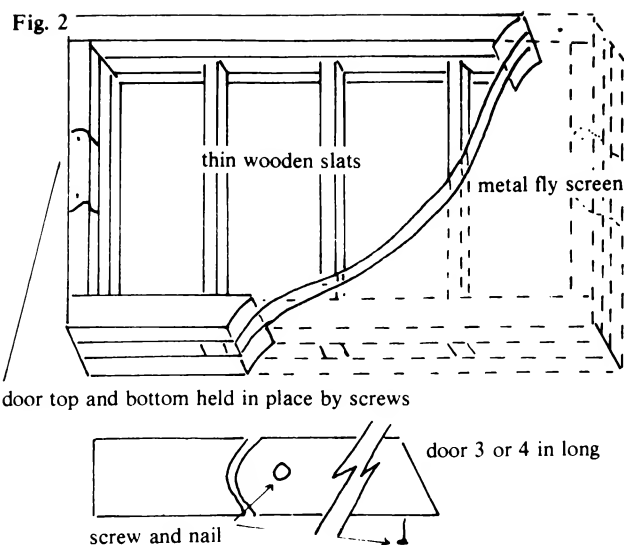
A hive will probably contain a frame of honey on the outside; the next frame will be partly filled with honey and pollen and maybe some brood, and the other six frames will be partly filled with honey and brood. This is what you would expect from a normal healthy hive. In a good flow I take the outside two frames of honey out and replace them with two of my best drawn-out combs which I put in the centre, usually separated by one frame of brood. In colder areas I would leave those two frames for the bees to use during winter.

Sometimes you will find that the bees have been storing honey in the brood chamber and may only have one or two frames of brood left. Take off the top box and completely extract it. If the top box is empty take out the queen excluder to induce the bees to start work in the top box. Take all the frames out that are filled with honey and put them in the top. It may even be necessary to put a frame of brood from another hive in. Just give the frame a good shake before moving; it doesn't matter if there are a couple of bees remaining, the others won't worry them. Put any frames filled with pollen either on the outside, or inside a frame of honey. Check to see if you have a queen, and if she is deformed kill her. You may have a queen cell in another hive to replace her with; if not a frame with eggs is all that you require.

Sometimes you may find that all you have are odd drone cells and odd eggs laid haphazardly throughout the brood section. The hive by this time will have started to dwindle. If this is the case you will have one or sometimes several laying workers. When a hive loses a queen the bees will sometimes start feeding a worker bee. Although all worker bees are female they can only lay infertile eggs from which drones hatch. Normally an egg is fed royal jelly for about three to four days whereas a queen cell is fed royal jelly for about eight to ten days. A worker hatches in about 21 days, a queen in about 15 days, while drones take 24 days. The queen then leaves the hive and takes a mating flight. Hives with a laying worker won't accept a new queen and will not make a new queen cell. What I do, although it is not always successful, is move the hive about two to three yards away replacing it with a new empty base and a super. I then take each frame out one at a time, shake the bees off, brush any remaining bees off, and put the frames back in the new super. Laying workers aren't supposed to fly, so the plan is for the workers to fly back to the hive site leaving the laying workers behind. A laying worker can fit through an excluder so you have to do the honey super as well.

Occasionally you may have a hive that is too small to worry about, or sometimes a small swarm. Rather than lose them I join them with another hive that's a little weak. There are two ways to do this. The first is to slip a piece of newspaper between the two boxes and let the bees eat through to each other. The theory behind this is that by the time the bees have eaten through they are used to one another and won't fight. There are two drawbacks, however, one being that you have paper left in the hive for wax moths to shelter in, and the second is that if you haven't removed one of the queens they will fight.

Instead I use a special board I made up, which is basically a frame the size of a super with metal fly wire separating the two hives. The board has small doors that can be opened. The



great thing about this is that you can leave both hives together with their queens until you have a chance to go through the hives. Then you must find both of the queens, if there are two, and kill the smallest or the ugliest one, or the one from the weakest hive. Then take away your board and you should be left with a hive that is of a reasonable strength.

Gauze dividers are very easy to make (see fig.2). Cut lengths of timber the same length and width as your boxes. (Use pine 10 x 25 mm wide.) Set the middle section on a bench and place one sheet of gauze on top. This must be the same size as the outside of your box. Glue and nail the top section of the divider to the middle section with the wire gauze between. Then glue and nail the bottom section to the middle section with wire gauze between. The four doors at both ends are just pieces of timber cut out and attached with a screw as the hinge. One end of the door is rounded and the other end is cut on an angle so the door can't be opened inwards. Put a nail in the side of each door as a handle.

A HONEY PRODUCTION EXPERIMENT IN THE SUBURBS

by Jean-Loup Komarover, Belgrave, Victoria.

Like so many GR readers I only dream of the good life on the land. Waiting for the hypothetical future, I enjoy the comforts of city life and make the most of our quarter-acre block on the verge of sprawling Melbourne. In the foot-hills of the Dandenong Ranges we grow some of our vegetables and fruit, and we keep three chooks and . . . BEES.

Bees have always fascinated me with their complex social organisation and their finely tuned adaptation to the environment. Also, after reading *The Honey Flow* by Kylie Tennant (Angus & Robertson) my imagination was fired and I wanted to become a beekeeper. Very little land is needed to become a beekeeper since apiary sites can be rented cheaply on crown land, and most farmers are quite happy to let you place bees on their land in exchange for a tin of honey. All you need is a central extracting and maintenance shed and some means of moving your hives to the honey flows.

Unfortunately, closer study of the situation revealed a hitch. The price of honey does not keep up with the costs of producing it, so that commercial beekeepers in Victoria can barely make ends meet now, and many are actually leaving the industry. I was so tempted, however, that I did not give up the idea easily. I decided to explore a way to be successful at beekeeping in spite of the poor economic conditions.

The fastest growing cost is that of petrol so I decided to see if it was possible to produce good crops of honey in my area (the foot-hills of the Great Divide in well-watered Southern Victoria) without moving the hives. Migratory beekeepers manage to get an average 90 kg or more per hive and it seems that in my area beekeepers who do not move their hives get an average of 30-40 kg of honey at best. I decided if I was to produce approximately the same amount of honey as the migratory beekeepers, I would have to change my method radically.

A SIMPLE METHOD OF HONEY PRODUCTION

In 1981 I made enquiries and leafed through all the literature that I could find on the topic of intensive honey production. In the end I found a method in a French book which seemed to make sense. I could not use the method as such, because it was basically designed for migratory beekeepers in the South of France, but I saw that I could modify it and simplify it for my purpose. The principle of the method is not new. I borrowed it from Pierre Jean-Prost's book *L'Apiculture* (Paris 1979) and adapted it to Australian conditions and beekeeping practice, particularly in Southern Victoria.

In the 1982-83 season I tried the modified method, and it worked. Despite difficult material conditions (I did not have an extractor and I wasted weeks in the middle of the honey flow waiting to borrow one), and the fact that the summer — that of the Ash Wednesday fires — was extremely dry and crops of honey were bad throughout Australia, I achieved very encouraging results. The hive which I conducted according to the new method produced 96 kg of honey while another hive conducted the traditional way, and which was placed next to it, produced only 30 kg, the same as the best hives in the region.

Dividing

A bee colony which has been wintered in one or two boxes is divided in early spring into three or four nuclei established in eight-frame boxes. The number of bees in small colonies increases much faster than in big hives, and with the help of stimulating feeding the nuclei will almost fill their boxes with brood in two months if pollen is available. The nucleus containing the queen will grow much more rapidly than the others and the beekeeper will super it before that time. The nuclei are supered when and if necessary.

Uniting

At the start of a major honey flow, the nuclei are re-united using the newspaper method. A huge colony of five or six boxes is thus created. The queens fight it out and only one survives and keeps on laying in the bottom boxes. The nursing bees, which make up three quarters of the population of a 'normal' hive, find themselves with no household work to do and take on foraging duties. The cloud of bees coming in and out of the big hive at that time is a marvellous sight, and the beekeeper rejoices as surplus honey is stored at an amazing speed.

Extracting

Four weeks after re-uniting, the beekeeper must start extracting honey, and every four weeks or more after that, depending on the flow, a new golden crop comes in, until the end of the warm season. Indeed, such a big hive stores surplus honey even when the flow is very poor and normal hives barely survive.

Reducing hive size

During summer the number of bees slowly diminishes in the re-united hive. The beekeeper will reduce the size of the hive by one super at any time when the bee population has sufficiently decreased. At the end of the honey season the hive will be back to one or two boxes, ready for wintering.

Advantages

- The great increase in production (three or four times more honey per hive) leads to an improvement in productivity (still to be assessed) with the use of less material and less work for the same amount of honey.
- Swarming is eliminated and the best queens are automatically selected by the dividing — re-uniting process.

Disadvantages

- Larger colonies (up to 200,000 bees) make extraction more difficult so selection for gentleness is essential. The big colonies are also more susceptible to heat-stress.
- Some non-standard material is needed: a bottom board with a larger entrance, and feeders in spring.

The future

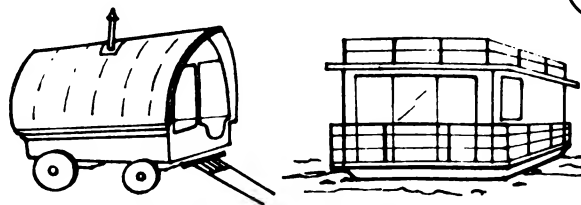
It appears, from the experiment, that the use of this method could make keeping bees in one place all year long a sound commercial proposition, thereby eliminating petrol as a major expense. Using the method in migratory beekeeping would also increase productivity.

But since one hive during one season only is no proof of the usefulness of the method, the experiment should now be continued on a larger scale. Unfortunately I do not have the means to do that. I am sure that many GR readers in the country, like David and Meg, keep bees as a sideline and would like to derive a little more income from them. Why not set a few hives apart from the others and try the 'divide to conquer' method with them?

For more information on this intensive honey production technique there is a booklet available called *An Alternative Method of Apiary Management*. It is a small brochure which gives all the details you will need to start obtaining more honey from your hives. In it you will find a timetable for beekeeping operations, descriptions of operations and design and construction details for a special bottom board and a slow feeder for stimulating the hives in spring. Write to Jean-Loup Komarover, 78 Martin Street, Belgrave 3160, print your address clearly and enclose three 30¢ stamps to cover postage and costs.

CATCH THOSE MICE!

If the mice keep swiping the cheese from your trap without springing it then try peanut butter. Because it's soft it sticks to the trap and the mice love it.



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Richmond River Northern NSW

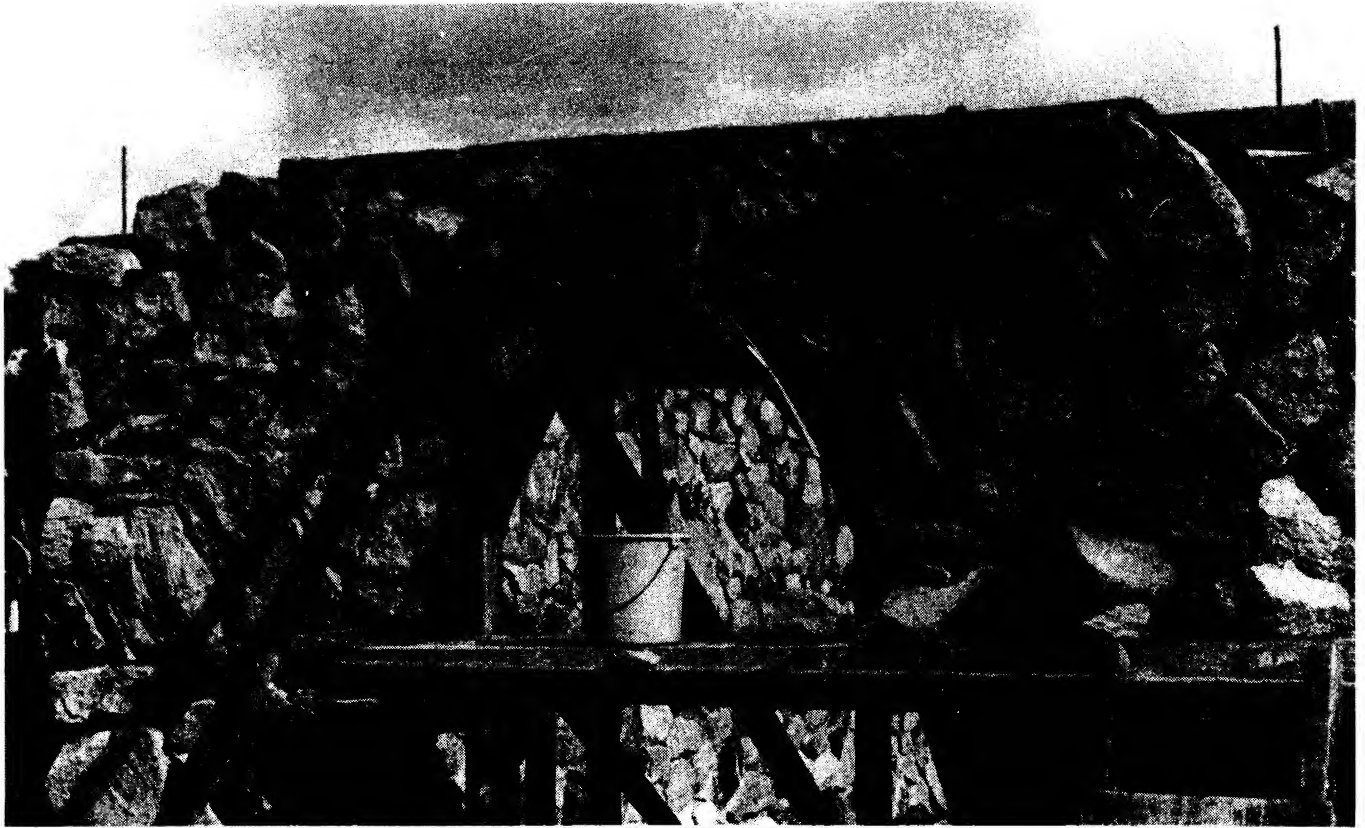
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STONE MASONRY: THE MAXLOW WAY

by Jim Maxlow, Glen Forrest, WA.



I am surprised that more people do not build in stone, yet I can understand why when I consider the negligible amount of information on stone masonry available to the owner builder, compared with that on mudbrick construction.

We used mudbricks in conjunction with stone when building our house. When building with mudbrick you first have to make them, and all those people who have made mudbricks will agree that it's hard work with very little to show for yourself at the end of the day. But stone is ready-made if you are lucky enough to have access to it; otherwise the only alternative is to purchase material from a quarry.

The limited information available on stone masonry is predominantly American and involves elaborate time-consuming and expensive formwork. Even the simplest method described by the Watsons in their book *How to Build a Low Cost House of Stone* is awkward, to say the least, gives a poor quality external finish, and in their case a concrete interior finish. All other methods investigated and included in the book for comparison involved complicated formwork, which costs time and money to erect and dismantle. The end product needs lengthy, and not always aesthetically pleasing, grouting of the joints to finish the job off. What the owner-builder needs is a cheap, simple, foolproof method of constructing in stone. One that will give a good job using any type of stone material and that is adaptable to all construction methods.

The following article contains just such a method that my wife and I evolved whilst erecting our own stone house in

Northern Victoria some years ago. This construction method forms the basis of a book on stone masonry shortly to be published by Night Owl Publishers called *Rock Solid — Building a Stone House in Australia* by Jim and Anita Maxlow. The book itself covers all aspects of stone masonry from a brief history of its use in Australia, to geological properties of stone, where to find rocks, construction methods available to the owner-builder, tools and equipment, and a very comprehensive section on detailed construction. Being owner-builder orientated we also detailed how to go about drawing and submitting plans and specifications, hints on purchasing materials, and reviewed alternative building techniques such as rock, mudbrick, combinations, freeform, stone domes, and building underground.

We needed to build something quick and easy which had a professional finish. This method is based on a single set of formwork set up on the inside of the building so that all bracing and obstructions are completely out of the way. Work proceeds from the outside close to your stockpiles of stone, gravel, sand, cement and mixer. A lot more care had to be taken in placement of the stone, however a far superior finish was achievable with the fast simple set-up procedure.

The construction of the formwork is detailed in the accompanying sketches, along with a typical setup using pre-drilled stilts and bracing. About 12 to 16 metres of formwork is adequate in two and three metre modules. The 600 mm height was a comfortable figure to work with, and after four



When building in stone, the roof frame is bolted to the stone wall. Here there is one section of wall to be completed before beams are fixed in position.

lifts gave a finished wall height of 2.4 metres. The principle behind the formwork is that you complete one lift all the way round the building, then raise the formwork to the next set of predrilled holes and so on, until the required height is reached. In this way setting up and dismantling time is cut to a minimum, and most of the setting up simply involves shuffling the formwork along and realigning it. Realignment is by string line stretched between corners, and corner setups are plumbed using either a plumb bob or a spirit level. What could be simpler?

The stone material we used was 300 mm granite rock spalls, normally used for bridge embankments, which we purchased from the local quarry. These spalls are rubble-shaped and come in all sizes from pebbles to 500 mm boulders — the majority thankfully being between 100 to 400 mm in size. Our wall thickness was 300 mm and was controlled by the use of a short length of dowel 300 mm long. As each stone was placed the dowel was used to measure out from the face of the formwork and the stone adjusted accordingly. Keeping an eye along the length of the wall also allows you to straighten the stone up for line.

To enable you to stack 600 mm of stone and cement against a single formwork, it is absolutely essential that you pay strict attention to the mixing of your bedding mortar or concrete. We opted to use two parts of 6 mm gravel to four parts sand to one of Portland cement, mixed to a dry creamy consistency with water. Any wetter and it dribbles causing your work to stain and collapse, any drier and it won't bed properly. We liked the strength of concrete, but have since seen ordinary brick-laying mortar used with or without a concrete infill core.

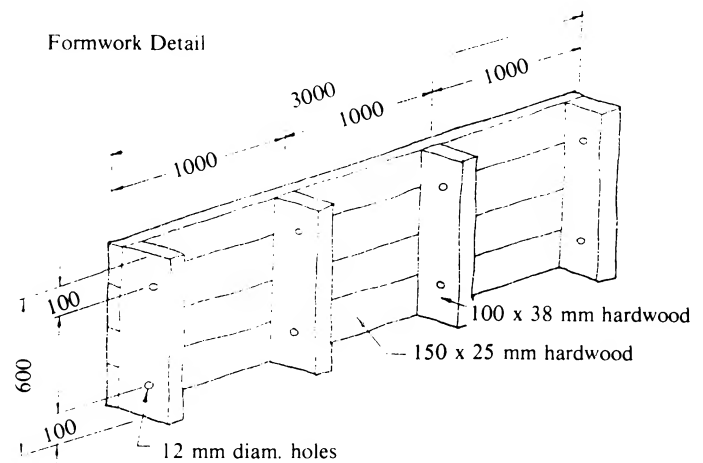
The method of laying adopted by us is to lay a long row of the largest stones you can handle for the full length of your estimated day's work; about eight lineal metres off the ground or about five to six lineal metres off scaffolding. These stones should be placed with their long axes vertical and laid so they naturally tend to lean inwards, towards the formwork. Slab-shaped stones are placed against the formwork and the intervening space is then packed with concrete or mortar. This immediately lifts the wall from half to two-thirds of the proposed 600 mm height, gives a firm base for stacking medium to small stones above and in between, and also allows the concrete to set slightly before completing the lift.

This method also ensures that you distribute the large and small stones evenly throughout the project — a very important point to consider.

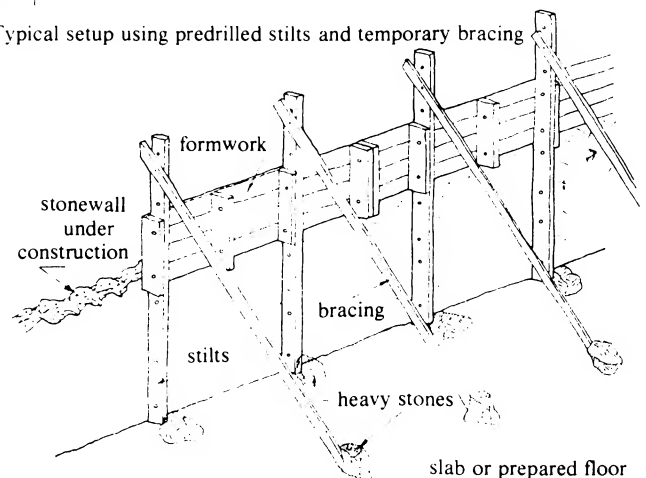
As you reach the top of the formwork it is advisable to raise the outside of your work above the top, and the inside to the same height as the formwork. The reason for this will become more apparent as you go, and simply gives an added boost on the outside to the next lift above, and on the inside avoids misaligning the formwork when resetting it.

The formwork should be dismantled with care the next

Formwork Detail



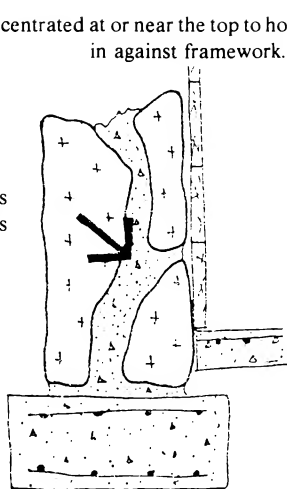
Typical setup using predrilled stilts and temporary bracing



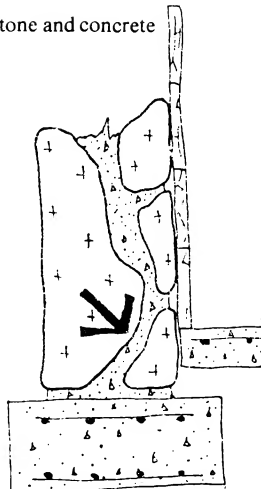
Placement of Stone (1)

Stones concentrated at or near the top to hold stone and concrete in against framework.

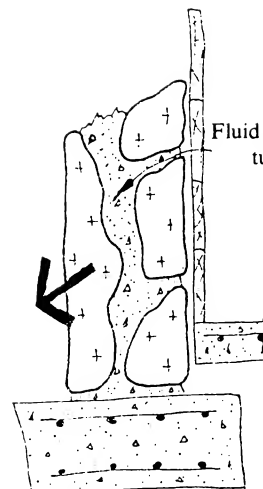
First row of stones placed with long axis vertical.



Preferred method



Alternative method



Avoid at all costs

day, and absolutely no later than the second day. This is to allow you to scrape back any concrete or mortar that has lodged against the face of the formwork and also tidy any joints that need doing. A careful but thorough brush down the inside and outside should be done at this stage also. The formwork is then shuffled along to its next position, set up, realigned, braced and you are set to go again. Because of the necessity to dismantle the formwork so soon it should be obvious that all work started should be completed to full height within the working day. There was many a time we had to burn the midnight oil because we became too carried away.

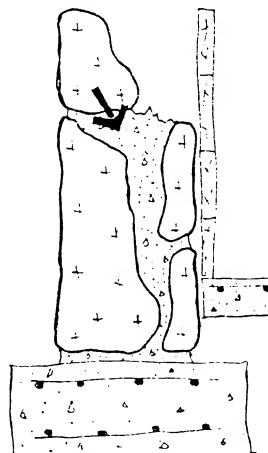
Door and window frames are set as work proceeds and keyed into the work frame ties. Electrical conduit, meter box, wall boxes for electrical outlets, plumbing, roof ties and so on, all have to be considered before work becomes too advanced.

All in all we can thoroughly recommend the above method of construction for almost all types of stone and methods of laying. It gives a pleasing clean finish and above all it is quick and hassle free.

Working off the ground one person can comfortably complete between 8 to 10 lineal metres in a day, and off scaffolding between 5 to 6 lineal metres, 600 mm high by 30 mm thick, day in day out. Formwork takes between half an hour to an hour to disassemble, shuffle along and reassemble. That is what we aimed for, and it works. Good luck.

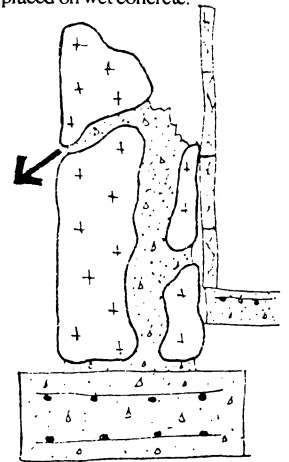
Placement of Stone (2)

Stone sits firmly on bed of concrete.



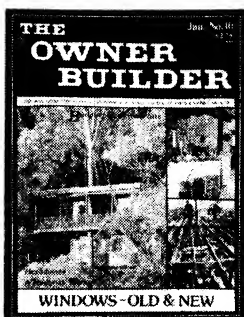
Correct placement

Stone placed with top surface facing out and down. Stone slips when placed on wet concrete.



Incorrect placement

Jim and Anita Maxlow are the authors of *Rock Solid*, a new book on building in stone published by Night Owl Publishers. See inside front cover for details.



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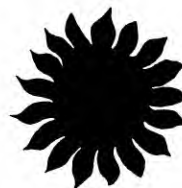
HOW TO FORETELL CHANGES IN WEATHER

Rain invariably follows when cattle sniff the air and herd together in a corner of the field with their heads to leeward, or take shelter in the sheds; when sheep leave the pasture unwillingly; when dogs lie about the fireside more than usual and appear drowsy; when cats turn their backs to the fire and wash their faces; when pigs cover themselves more than usual in litter; when cocks crow at unusual hours and flap their wings much; when hens chant; when ducks and geese are unusually noisy; when pigeons wash themselves; when peacocks squall loudly from trees; when the guinea fowl make a continuous grating clamor; when sparrows chirp loudly and with much fuss congregate on the ground or elsewhere; when swallows fly low and skim their wings on account of the flies

upon which they feed having descended toward the ground; when the carrion crow croaks solitarily; when wild water fowl dip and wash unusually; when moles throw up hills more industriously; when toads creep out in numbers; when frogs croak; when bats squeak and enter houses; when singing birds take shelter; when the robin approaches nearest the house; when tame swans fly against the wind; when bees leave their hives with caution and fly short distances; when ants carry their eggs busily; when flies bite severely and become troublesome in numbers; and when earth worms appear on the surface.

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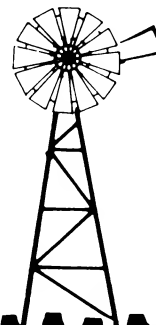
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BANTAMS WHEN LESS MEANS MORE

by Meg Miller.

Bantams or 'banties' as they are often affectionately called, are mini fowls that have occurred either as natural dwarfs or through generations of selective breeding. There are over 300 different breeds and varieties* of these fascinating little birds, the majority being miniatures of large fowls; those without full-sized counterparts include Sebrights (developed in the early 1800s) and Japanese (originating from South China many centuries ago), both of which are extremely popular. Occasionally it is difficult to see or identify the correlation between large size and bantam fowls — in the case of Indian Games their miniature is often referred to as Cornish Game whilst the equivalent of large-sized Hamburgs — Rosecombs — have been renamed and a more exaggerated earlobe developed. Fortunately bantams in general are enjoying immense popularity so there are many breeders around who can explain the intricacies to would-be keepers, and there are a number of excellent publications on the market.

Historically, small birds like bantams have featured in writings since the earliest of times; Marco Polo in the thirteenth century described a bird remarkably similar to the present-day Silkie. But the word *bantam* itself is considered to have its origins in a city of the same name in Java, that was a port of call for trading ships. Historians feel that when captains picked up cargo, including birds and animals, they referred to them by the port from which they were loaded. Somehow the name stuck to the small birds loaded at Bantam. These same small birds were thought to have first developed in India and the Orient and then gradually infiltrated to neighbouring islands.

But the path of the bantam has never been smooth — much controversy has often surrounded them. In England during the late nineteenth century many authorities considered the term should apply only to those with an identity separate from the large birds. Those with a full-sized counterpart were to be called pigmies. Fortunately the controversy was sorted out and all miniature birds are now referred to as bantams. The one exception to this is the Silkie which, despite its small weight, is classified as a light breed in England and Australia (other light breeds include Anconas, Leghorns, and Minorcas). Most poultry keepers unconcerned with show dogma will refer to them as a bantam and, whilst it may confuse the beginner, it certainly won't detract from the satisfaction to be gained from keeping these co-operative little birds.

Although you now know a little about how the bantam originated, are you any closer to choosing a breed or variety from amongst the 300 plus? The first thing to work out is your reason for wanting to keep bantams. You've decided that the smaller size allows you to bypass local council regulations,

* Breed refers to a group of birds conforming to the type, carriage and characteristics unique to a particular breed name whilst varieties occur within breeds, distinguished by differences in colour and markings.



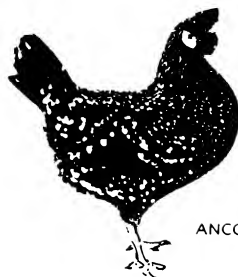
Silver-laced WYANDOTTE



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will suit your small suburban backyard, won't overtax your mediocre building skills and will be looked upon favourably by neighbours and other locals. So, are the birds to be used to supply you with eggs, or to provide you with a small bird for the table plus a few eggs. Or do you want small decorative birds that will strut through the fernery and provide a splash of colour and exotica? To help you make your choice I've put together a table that is divided into four sections: light, which are generally the good egg layers; heavy, which are more suited to the table than as a layer; ornamentals, or birds with an additional feature or form of plumage that marks them as being more decorative than practical; and finally, game breeds, those that belong to either the modern or Old English

game classifications and are more a general purpose bird. From this you should be able to pick out one or two breeds in the category that best suits your needs, and from there, either seek out a poultry show and look over the birds you have chosen, or track down local breeders (your Agricultural Society should be able to help) and elicit their help. Having brought your birds home remember the principles of feeding and management are the same as for large fowls.

Breed	Classification	Use
Ancona	light	layer
Andalusian	light	layer
Australorpe	heavy	general purpose
Barnevelder	heavy	general purpose
Brahma	ornamental	table
Croad Langshan	heavy	general purpose
Dorking	heavy	table
Faverolle	ornamental	general purpose
Indian Game/Cornish	heavy	table
Japanese	ornamental	layer
Leghorn	light	layer
Minorca	light	layer
Modern Game	game	table
Old English Game	game	general purpose
Orpington	heavy	table
Pekin	ornamental	
Plymouth Rock	heavy	table
Poland	ornamental	
Rhode Island Red	heavy	table
Rosecomb	ornamental	
Sebright	ornamental	
Sussex	heavy	table
Welsummer	light	layer
Wyandotte	heavy	table

Recommended reading.

Bantams – H. Easom Smith, Cassell's Pet and Family Books, Cassell, London 1970.

Bantams – Those Intriguing Miniatures – John Skinner, American Bantam Assoc.

Bantam Breeding Genetics – Fred P. Jeffrey, Spur Publications Coy, Saiga Publishing, Surrey, Eng., 1977.

The Bantam Club of NSW has a number of books on poultry and in particular bantams, for sale at reasonable prices. The address is C/- Rod Harris, 14 Orinoco Street, Pymble 2073.

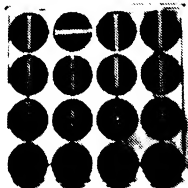
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½ cup skim milk powder

⅔ cup water

1½ cups safflower oil

a little yellow colouring

Reconstitute the skim milk powder by combining it with the water. Then whisk it in an electric mixer or with an ordinary hand eggbeater, adding the oil a little at a time until the mixture thickens. (The oil should be of good quality, refined and used at room temperature.) Gauging the correct consistency can be a little difficult because the margarine will become harder in the refrigerator. Cease whisking when the mixture is a little less firm than you would like, and it should then be of a spreadable consistency after it has been refrigerated.

Claire Laws.

Kids' Bathtime

Save all scraps of soap and put in a plastic soap saver. Kids can splash it around in the bath. Tie a loop of cord on the end and hang it on the tap.

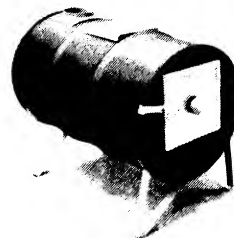
Buy a plastic string bag for the kids' bath toys. Hang it on the tap or shower knob; the water will drip into the bath. It keeps toys tidy and out of the way.

Kittens

If a mother cat rejects one of her kittens, it could be that the umbilical cord was not cut properly. Check, and if this is the case, heat a pair of tweezers on the fire; let them cool; clean end with a tissue and press gently and firmly to the end of the cord, closing it. This will not be painful. The kitten should begin to have an appetite in about half an hour, and it should start sucking again.

Carol Sycamnias.

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BANTAMS AND SILKIES

by Betty Haskard, Clearview, SA.

There are many varieties of bantams available and some of the most common breeds are Wyandotte, Old English Game, Leghorn, Sebright, and Pekin.

We live on an average sized ($\frac{1}{4}$ acre) suburban block and keep Pekin bantams. We also have Chinese Silkies which, although classified as a light breed, are large fowls and not regarded as bantams. Bantams require basically the same care, food and shelter as normal sized fowls — the only difference being that they are smaller, take up less room, eat less and lay smaller eggs (you use two instead of one). Their shelters or sheds can be smaller and, because bantams are classed as caged birds, council regulations place no restrictions on them. Pekin bantams come in various colours — black, black and white, white, blue and buff being the main pure-bred colours. Their plumage is similar to that of large fowls, but they have long feathers growing on their feet.

Silkies have very fluffy feathers with a pompom-like crest on their head, and feathers on their legs and feet. Unlike other fowls and bantams, which have four toes on each foot, pure-bred Silkies should have five toes on each foot. They are a bigger bird than the Pekin and lay an egg almost as large as a pullet's egg. The standard Silkie colours are white, black, blue and gold; and there are also some new colours around now — red and mauve.

Our Pekin bantams free range on the bottom half of our yard during the day and they keep it weed free. At night they are shut in small sheds. The Silkies have small yards and sheds and are let out onto the lawn (free fertiliser) each afternoon for grass and exercise. (We keep the breeds separate to avoid cross breeding.)

We feed them a diet of layers mash and pollard (mixed with hot water in the winter, and cold water in the summer) and wheat at night, plus lawn cuttings, grass, household scraps and clean water. Pekins and Silkies are good layers, excellent broodies and wonderful mothers. They will hatch any type of eggs; many pheasant keepers use them for hatching all their pheasant eggs. As broodies they are very conscientious and in many cases, the Silkies especially, need to be bodily removed from their nests for food and to prevent fouling of the nests. These birds seldom fly and can be retained by a very low fence, the runs do not need to be covered in overhead.

Silkies have black skin and, therefore, are not suitable for eating purposes. Pekins are suitable for the table, especially the roosters, but we personally do not eat them. Silkies sell for approximately \$5 each, and between \$10-20 for the new colours. They sell very well as broodies during the pheasant breeding season. The Pekins are not in such demand as broodies because they are smaller and cannot cover as many eggs. (They can cover approximately 6 or 7 hens eggs and 10 of their own eggs.)



Bantams are delightful birds to keep, and are especially suitable for children to look after. They are easily tamed — feeding them bird seed from your hand when they are chickens creates an everlasting bond.



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LIFE BEGINS AT FORTY

by Pauline Lawie, Babinda, Qld.

After reading a couple of issues of Grass Roots, I remembered having committed to paper our early experiences when we made the transition from town to country back in 1976. They might strike a chord with other readers.

'Life Begins at Forty.' How often have you heard that said? When I turned 40 I knew, without any shadow of doubt, that I was well and truly alive. With four children, the youngest of whom was five months and the next one up just 13 months older, the feeling was reinforced — which is why I was unprepared for the changes that occurred during the year that followed.

As I was born on my mother's birthday, that day has always been rather special for us, and Mum was with me to celebrate my fortieth. At that time, July 1976, we had been living in a rather small but convenient house for four years, during which time we had ironed out any house and garden problems to a point where maintenance only was required. We live in the cyclone belt and had worked out a series of steps to take, depending on the severity of conditions — when to pack some clothes etc. — and could find our emergency cooking and lighting appliances on the darkest night. I had lived in towns for so long, I had no idea then how dark a dark night really was.

Two weeks before Christmas we moved about 11 km out of town into a much newer, more modern house on one hectare. It was our idea of a little bit of paradise. There were carpets on the floor, even in the kitchen and bathroom. We had our own water and power supplies and the council rates were expected to total \$10. On our side of the river only two other houses were lived in. On the town side of us a family rented a house 3 km away and on the other side was nothing but a few grazing cattle. Behind us was acre upon acre of virgin rainforest, and about 100 metres in front of the house was the river.

I was 40 and taking a new lease on life. I had plenty of time; it was school holidays and the two older children (now coming up to six and eight) could help me with the little ones. I would unpack things just as I needed them and put them all right where I needed them, in all those beaut built-in cupboards. But first of all, we would enjoy Christmas and the kids' birthdays which are a week or two apart and end in February.

We made the most of the weather, barbecuing by the pool, going fishing, exploring the closest creeks and doing all the other things which seem to get done only in school holidays. In the evenings when the children had been put to bed, Don and I sat by the poolside with a glass of wine and enjoyed the spectacle of the moon and stars rising through the fronds of the coconut palm and dreamed aloud: where we would put the books and hang our pictures; exactly how we would place our trees and shrubs and the children's playground equipment in our hectare of garden.

There was quite a bit of lawn already and a little formal garden, but the couple of citrus trees and small vegetable garden were lost in impenetrable guinea grass, but from the

little I could see through the gaps in the overgrowth, the greenhouse seemed to be quite a lucky dip.

It was not long before we found that we had bought a dream and now we had to live with a reality. The sheds were neglected and full of junk, and by the time we had added our junk, Don had great trouble clearing enough space to park our Beetle and little box trailer. Everywhere he turned, he was confronted by large brown snakes. There was only one way of making sure they stayed where they belonged, in the bush, so we did what had to be done and came out of each encounter a shaking mess.

It is rather frightening to be woken at four on a very dark morning by a budgerigar screeching for its life — what's the matter, get the torch, grab the snake stick, can you find my boots, where's the cane knife? The big brown was suspended from a beam on the back verandah with its head stuck in the birdcage and the bird's head in its mouth. Taking a mighty swipe with the cane knife, Don dislodged the snake, then finished it off with the stick. How near we came to disaster I found out the next day, when I noticed a nick made by the cane knife in the hotwater pipe running along the beam. I was suddenly grateful that Don was the more brain than brawn type. I gave the budgies away.

In the first few weeks we had to contend with rats, bats, bandicoots, beetles, moths, mosquitos, toads, and a plague of poinciana grubs that invaded the house. The filters in the washing machine had to be cleaned three times during one cycle, and the swimming pool filter did not work.

These irritations did little more than register against the excitement of strolling cassowaries, wild pigs, wallabies, a great variety of birds and the sight of the afternoon sun glittering on the river, then setting behind the mountains. I retained my equanimity when the kids' first swim in the pool resulted in a huge tear in the liner, and even when a half-grown ginger tom took up residence. How could I turn him away when the children were prepared to share their dinner with him?

My major adjustment was to having electricity for only a couple of hours each morning and afternoon. I had only to press a button in the house to turn on the generator, but economy forbade the too-liberal use of diesel. For a while I did things like deciding that if I could not sew, I would cook with the gas oven, only to find that I could not use the electric beaters. I put away the digital clock radio, coffee grinder, percolator, juicer, blender and frypan until I got myself better organised.

We had been here just six weeks when on Marion's birthday, 30th January, Cyclone Keith struck, and I was far from prepared. The rain bucketed down at the rate of 25 mm every 10 to 15 minutes. It could not run away fast enough and the ground could not absorb it.

To begin with it was exhilarating and the kids ran around like crazy cats, squealing with delight. The water started encroaching onto the concrete floor of the back verandah, so we set out digging a drain to divert it. We thought we had done wonders when suddenly a landslide brought down a dead tree which fell across a newly-made creek, altering the course and channelling it right through the back of the house.

I was too stunned to do anything but watch the wall of rushing mud and rocks, but Don quickly shut all the doors and barricaded the one leading into the main part of the house, stuffing sheets off the beds I had just changed around the bottom of the door. I managed to stir myself enough to pick up half-unpacked cases in the laundry and put them up onto the furniture. It happened so suddenly that nothing further could be done.

Don took the day off work next day and with all hands working their best, we put wet things out into the brilliant sunshine, shovelled and hosed innumerable loads of mud out of the bathroom, toilet, laundry and back verandah. We made a start on the playroom, but could not manage the room downstairs or the carport.

Just after dark the rain started again, and although it was more restrained, in no time at all the creek was flowing through once more. Don strategically placed some solid timbers to keep the muddy water out of the bathroom and toilet, but it flowed unrestricted through the other rooms.

We did not see the sun again for five weeks during which it rained almost continuously. We had up to 300 mm a day for days on end from five successive cyclones and tropical lows. Each thunderous downpour wrenched out our water supply, but we soon became adept at climbing up the 30 metres of

rocks and fallen trees to the intake to reinstall it. However this could not be attempted until the hurtling torrent the creek so quickly became subsided enough for it to be safe for one of us to jam the intake pipe back into the crack in the rock face under the waterfall. On such a steep mountainside, this was usually possible within a few hours, but if I wanted to do the washing in the meantime, I carted buckets of water from the swimming pool and strained all the tadpoles out as I tipped it into the machine.

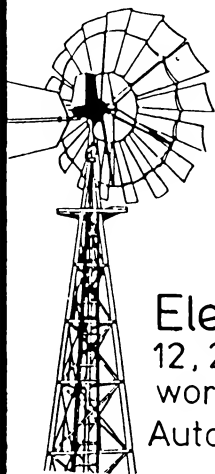
I constantly expected to see the swimming pool swirl away during the heaviest rain, and half expected the house to go too, but we were lucky. We were able to get the owners of the land behind us to bring a tractor down and put the creek back where it belonged. The only equipment ruined was the foot pedal from my sewing machine and my much loved but still unmastered piano, which was downstairs. The furniture still bears the rings from the mud it stood in for weeks, but the downstairs carpet and the one in the bathroom came up as good as new, though I would not recommend the rejuvenation treatment without some reservations.

We were extremely lucky really, since we soon found out that our really good insurance policy which covered us for everything, did cover us for everything — except claims.

After coping with things like this, you get the feeling that you can do almost anything. I've since learned how to make bread; I've cured and roasted my own coffee; and what's more, I've just learned how to milk a cow (which is another story entirely). I've even sat on the horse while he has rounded up the cows for me. And if we ever manage to get the road fixed up so that we have more than three metres of it flat, Don tells me that I'm going to learn to ride the motorbike!

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FOSTER MOTHERS FOR CALVES

by Neville Kajewski, Gayndah, Qld.

Barry Wright's article *Mothering Up Orphan Calves* (GR 38) was very interesting. I certainly subscribe to this method which is quite common in our part of the world. However, there is another method which I suggest is even more successful.

An incident which occurred some ten years ago suggested to me that scent plays an important part in bovine identification. A heifer of ours had calved but showed no inclination to mother her offspring. In an attempt to encourage her, I carried the wet calf close to her head. Once she recognised the smell she went into a frenzy of licking and soft lowing as a cow does to a young calf. Unfortunately, it was me she was licking and talking to, not the calf! I walked away but she followed me leaving her calf behind so I had to return and transfer her affection to her needy offspring. After she had a good smell and started licking the calf all was well and I was able to slip away quietly.

Being in constant contact with cattle, in my profession as a stock inspector, the opportunity soon arose to put the scent theory to the test. A particular group of heifers was having a bad time calving and I was called to help. One heifer had given birth to a perfectly healthy calf but had lost her life in the process. Another, at the same time, had a normal delivery. The stage was set for the supreme test — to make a cow accept the wrong calf!

Taking a portion of the new mother's afterbirth, I draped it over the orphan then put the orphan beside the natural calf. The cow began sniffing and licking the orphan and, would you believe, ignored her own calf. By repeating the process with her own calf she readily accepted both and became the bewildered mother of twins.

To put the theory to more practical use a grazier friend decided to make small hessian rugs for the calves of his house cows. The rugs are put on as soon as he finds a newborn calf. When he finds an orphan in the herd, he transfers the rug to it and the cow readily accepts the addition. The colour of the fostered calf makes no difference, so long as it is wearing the rug which is permeated with the scent of the cow's natural offspring.

Of course, after being with the foster mother for a week or two it's safe to take the rug off. By that time, the cow is either accustomed to the combined scents or so confused she no longer knows who's who. My friend has used this method for over eleven years without failure so I can certainly recommend it.

For Mange in Animals

Prepare a bath of water at body temperature; add a pinch of Condyl's crystals (potassium permanganate) available from a pharmacy. Keep the animal's head clear of water, especially eyes, and leave it in the bath for four minutes. Repeat this treatment once a day for one week, and the mange should be cured.

by Carol Sycamias.

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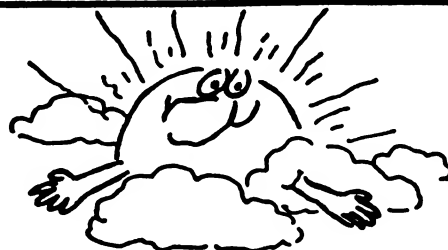


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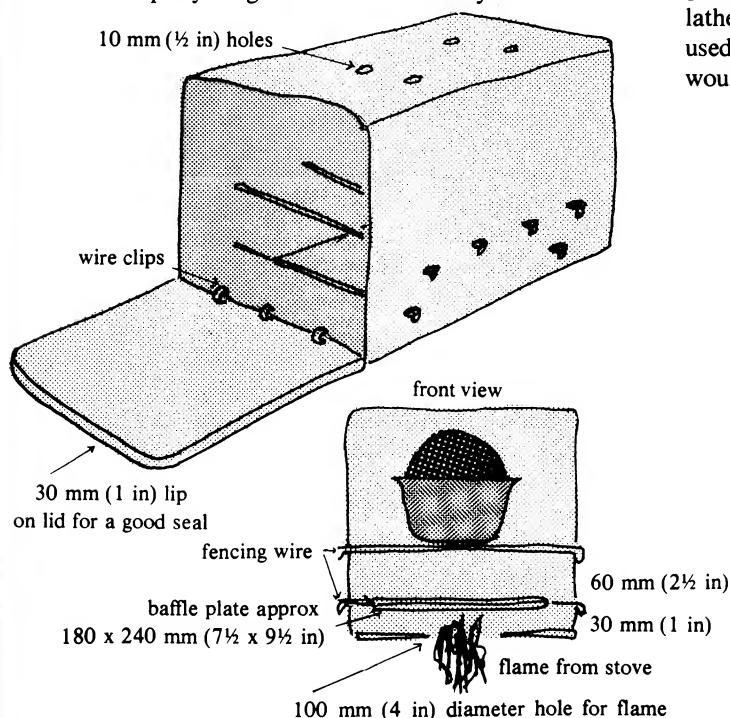
by Patrick Hartigan, Uki, NSW.

I would like to share a couple of simple ideas that you may find useful around the kitchen.

The first is a small, light tin oven for people who as yet haven't managed to get their hands on a good second-hand combustion stove or who haven't room for one; or who simply don't want to fire up such a stove on a stifling hot summer's day. The basic design is as follows.

The tin I used was a 20-litre olive tin (available free from your local deli or health-food shop). Actually two are needed; the second to make the lid and baffle plate. The baking dish is supported by four cross pieces of gauge 8 low-tensile fencing wire. The baffle plate is three thicknesses of tin hammered together and supported by two pieces of fencing wire poked through it and then through the sides of the tin proper. A hole of about 100 mm (4 in) diameter is cut in the bottom for the flame to penetrate. The lid is attached by three fencing wire clips (or hinges) as shown. I also riveted a handle onto the top outside of the lid.

I use it on top of a portable gas stove and it's perfect for cooking cakes, biscuits, bread, pizzas and baked dinners. Because of its light metal construction it heats up instantaneously and hence speeds up the cooking process; it also cools down rapidly — great on those hot days.



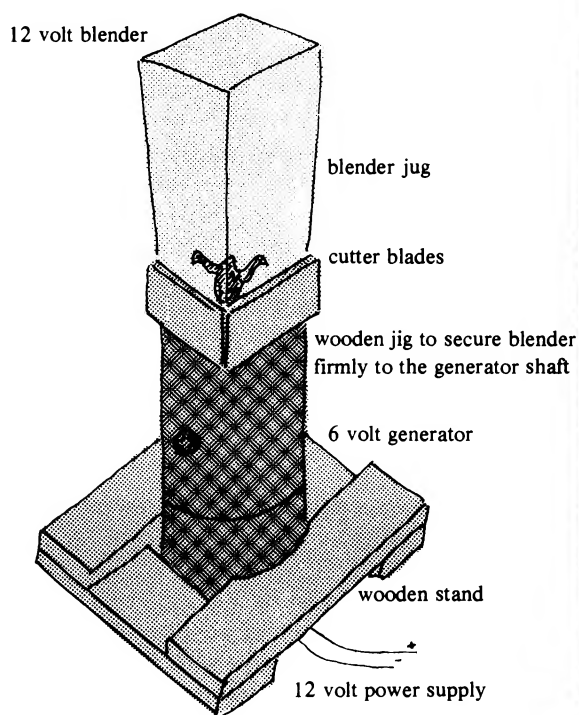
The second idea is a real winner with my fellow banana-smoothie addicts here. The only city-style convenience I missed, living here on the farm without electricity, was a blender. The only way out for those with 12 V systems (solar

or just car battery power) seems to be to purchase an inverter and to use 240 V appliances — however at \$600 plus that's definitely out for most of us.

A couple of friends solved the problem — they scrounged an old cream separator and filed down the central shaft so that a blender jug could be placed on top. Separators are geared sufficiently high to be reasonably effective as a blender. Unfortunately my search was unsuccessful and because new separators are prohibitively expensive I had to find another way. After seeing a friend using a grinder off an old car generator powered by his car battery I realised this idea could be adapted to a blender.

So from out 'dead car flat' I salvaged an old 6 V car generator and from a second-hand shop I bought a blender jug with cutter blades for \$2. I then made up a wooden jig to hold the blender jug firmly on to the generator shaft. I run it on 12 V from a solar panel — it works fantastically and is also very efficient, drawing only 2.5 amps (running for about 45 seconds this is a negligible amount of power).

Besides banana smoothies (fresh milk, bananas, an egg and a little yoghurt) it can be used for pureeing soups, making juices and so on. With the appropriate attachments the generator could be used to run a grinder, a small wooden lathe, a polisher etc. I'm sure a 12 V car generator could be used though presumably, all things being equal, the consumption would be 5 amps.



BIRTHDAY PARTIES

THEY CAN BE FUN FOR ALL

by Meg Miller, Shepparton, Vic.

One occasion sure to elicit groans from many parents, including myself, is party time — both your own child's and their friends' birthdays. Parties traditionally have centred around a gluttonous table of brightly coloured, highly sugared fare that has resulted in more than one party goer receiving a slap or retiring to bed bilious. Fun? Rather questionable! Many of us who suffered through these parties as children now have young ones ourselves and have declared vehemently 'no more junk parties'. But how does a parent reconcile the family's healthy food-style with a child's need to be part of a peer group? Can a party be organised that suits both parent and child but doesn't smack of resigned compromise? Alas, there isn't a simple answer because each family's food habits vary so much and each child's dependence on peer approval is different. For our family the key to successful partying has been found in three activities — imagination, negotiation and presentation.

If you're trying to compete with a traditional party (which I believe we are) you have to be a very imaginative person. Start thinking 'party' several months ahead and collect ideas for decorations, games and food well in advance. In fact a party box for holding these is a great idea and something all the family can contribute to. From this box of magic you'll be able to mix and match ideas and put together something really creative. Remember the birthday child though and start discussions with her/him early on. Ask yourself how important it is for your child (or you, for that matter) to have a party similar to others in the social group? Have you both the courage to break away? I think it's insensitive to disregard a child's pleas for uniformity but equally I think children can be encouraged to break away, a little at a time, from stereotype group behaviour. This is where the discussions and negotiations enter into it. If you haven't done your homework and don't have a variety of exciting ideas and challenges to put forward for discussion then you can't help your child grow towards individuality.

The third key activity is presentation. It's a little like imagination, some people have a definite flair and could serve up pet food which would have us all salivating whilst others would have to work hard to achieve a modest effect. Well, what are friends, neighbours and relatives for? A little extra time spent in presentation can really wrap up the whole show. One year I made a vegie zoo — carrot, radish and celery-stick bodies with peas, cheese or currant eyes and parsley or sprout tails; all put together with toothpicks. These animals went quicker than anything else at the party because they were darlings and nobody, not even the vegie haters, could resist them or the fun the others were having. If the vegetables had been served as rounds or sticks the reaction probably would have been 'no thanks, where's the chips?'

What are some other imaginative foods that can be dressed to kill? Sandwiches, light or dark wholemeal (or even white and wholemeal), cut into small triangles and arranged in a mosaic pattern, not unlike a traditional patchwork quilt. Face biscuits, using simple wholemeal biscuit dough cut into circles, given nut or dried fruit eyes and noses and with extra dough used to cut up for hair, hats or beards. Carob can be added to provide dark hair, beetroot juice (don't tell them though) for the pink of the faces. If you're a bread maker set aside some dough and ask the party crew to make alphabet shapes — rolls shaped to the initials of their names. Satisfying for the kids, yummy and healthy to eat. Salad pieces and sausages are always popular — the 'porcupine orange' was in vogue in my day but we can do a lot better. What about snakes in the grass? A large cucumber halved lengthwise, given eyes and a mouth, decorated with bite-sized savouries on toothpicks, and hiding in a bed of shredded lettuce or alfalfa sprouts. Or what of a crocodile? A zucchini with a lengthwise cut one end to form a mouth, green cardboard feet, frightening cardboard teeth, and decorated all over with savoury tit-bits. Or even a hound dog, a large zucchini with a cardboard tail, large cardboard ears, decorated collar, eyes and a mouth.

Ah, but what about treats you must be thinking? Home-made popcorn made by the children themselves, served plain or with vegie salt or honey. Roasted peanuts in their shells, crunched and scrunched out of doors where a little mess doesn't matter. Other nuts requiring cracking are popular too. Orange quarters, either frozen or freshly cut always taste like ambrosia after a run around. Have plenty on hand as they are definitely 'moreish'. A coconut, something few children have regularly, broken up in front of them, or slices of water melon or pineapple, whole strawberries, or other exotic fruit. Lollies to take home? No thanks, a serviette full of peanuts, a face biscuit or bread initial, perhaps even a cheap trinket like a bangle, eraser, or a cake of soap. A thank you gift from the birthday child to all her/his friends.

I've omitted to mention games or decorations. We don't have many organised games. At our parties there are no losers, everyone's a winner, taking home the booty from the treasure hunt — decorative feathers, a mouse nest, gumnuts. Who needs a present with these 'finds' around? And decorations — paste, staples, scissors, paper, textas, and artists en masse.

The only other ingredient needed for the party is the belief in what you're doing. If you're breaking away from a history of traditional parties and display ambivalence then you're in trouble. Try a few changes at a time if dramatic action is too challenging. Believe in what you're doing and do it well. I won't wish you good luck, with these ideas and all the ones you will come up with, plus the joy and energy of your willing partygoers you have a guarantee for success.

PARTIES MAKE THEM SICK!

by Rae Patterson, Vermont South, Victoria.



The combination of junk food, wildly excited behaviour and selfish grabbing of presents, watched lovingly by indulgent relatives seems to be the accepted way of celebrating a birthday nowadays. Birthday parties are capable of turning a quiet, pleasant child into a ranting maniac. What do they do to children whose bodies are intolerant of junk food, and even some of the healthy food, that is thrust upon them regularly every time a friend has a birthday?

These children need special help and support to cope, not only with birthday parties, but with everyday life. Just as adverse reactions to food can be many and varied, so is a child's ability to cope. Some children accept the fact that their diet is severely restricted. They are capable of saying 'No, I'm not allowed to eat that', and need only a minimum of help and support from their family and friends. Other children fight desperately for the right to eat the same foods as their friends eat. For these children the peer pressure is intolerable and binges are frequent, with devastating results. Even the knowledge that they will be sick and feel dreadful, is not enough to help some children resist the temptation. There is no way to turn one sort of child into the other. Thus temptation must be minimised. The child himself, as well as his friends, relatives, teachers and neighbours must be helped to understand that certain foods which are OK for some people are poison to him. The foods he can eat should be emphasised as *special* rather than *different*. 'This is special food' is often a more acceptable way of explaining a restricted choice of food to a child than telling them they are on a diet.

Probably the single most important step in helping the allergic child to accept his problem is to be positive. Once the problem foods have been identified, stress the foods he *can* eat and don't dwell on what he can't have.

Because older children spend much of their day at school and with school friends, maximum contact between parents and teachers and co-operation by the school is essential. Food can not only affect children physically (wheezing, diarrhoea, rashes, headaches, etc.) but it can also affect the brain, resulting in hyperactivity, learning problems, behaviour problems, or lack of concentration. Thus it is vital that the whole range of people concerned with the child's education are aware of the problem and, while making allowances for shortcomings, do not let unacceptable behaviour become a habit.

The food-intolerant child needs a great deal of security. He needs to know that if he behaves badly, even if he yells at his parents and tells them he hates them after he has been on a binge, that afterwards he will be forgiven, understood, and loved. This is because, at the time he is reacting badly, he doesn't realise what he is doing; his brain has 'clicked off' and he is not acting rationally. Later on, when the reaction has worn off, he will be his normal rational self again. But meanwhile, what he needs most of all is understanding and support. Most parents find that the best way of coping with this type of anti-social behaviour is to separate the child; put him in his bedroom until he calms down. Afterwards avoid

being judgmental, and try to give the child the security he desperately needs.

Parents, in turn, also need support in coping with this type of child. It is usually hardest on the mother who has to, first of all, stretch the family budget to provide special food for one member of the family, then stretch her imagination to prepare interesting meals from a restricted range of foods. Then when the inevitable binge takes place the mother usually bears the brunt of the reaction. She has to cope with the child who is sick, in pain, miserable, wheezing, scratching or, worst of all, hyperactive.

The Allergy Assistance Association, set up in several states of Australia, provides invaluable support and information for those parents. Meeting with other families with similar problems can be a great comfort, and their newsletter is full of useful and practical information.

Finally, as the word spreads, as more and more people become aware of the effect that food has on our health and behaviour, the results will speak for themselves. As more and more mothers give parties with food which is free of sugar, preservatives, flavourings and colourings, we may find that the behaviour of all children magically improves.

Parties Make Me Sick was written to help spread the word; to help children with food intolerance to realise that they are not the only person in the whole world who has ever had this problem; to help their teachers, friends, and families to see that what we put into our bodies has a direct and critical bearing on our health.



FANTASTIC CAROB FUDGE

- ½-1 cup honey
- 1 cup peanut butter
- 1 cup carob powder
- 1 cup nuts, chopped, or seeds
- ½ tsp vanilla
- Optional:
 - 1 cup coconut
 - ½ cup wheat germ

Put honey and peanut butter in a pan and stir over a low heat. Add carob powder, nuts, vanilla and coconut or wheat germ. Mix well. Spread mixture into a pan and refrigerate for one hour. When ready, cut into bite-size pieces and enjoy.

Hint: when using carob powder, melt or heat in oil or water. This makes it taste more like chocolate.

The Allergy Assistance Association (AAA) can be contacted by writing to PO Box 298, Ringwood 3134. They will be able to pass on to you the address of a branch of the association in your state.

The following books provide further reading on food allergies and are available from Night Owl Publishers, Box 900, Shepparton 3630. *Parties Make Me Sick* by Rae Patterson and Judy McKechnie, published by Alma Publications, is \$4.50 posted. *Food For Thought - A Parent's Guide to Food Intolerance* by Maureen Minchin, published by George Allen & Unwin, is \$6.00 posted.

KID'S PARTIES — *is there an alternative?*

by Sandra Cock and other Moora Moora members.

When he last visited, our esteemed editor Dave was appalled to see me making 'Frogs in the Pond' for my son's birthday. 'Frogs in the Pond' is chocolate frogs set in lime jelly and decorated with waterlilies of mint leaves and Smarties. One of our members won first prize at a 'Bad Taste' party with 'Frogs in the Pond'. 'You should talk to Meg about the healthy parties she makes for Sunshine', Dave chastised. So I talked to Meg . . . and heard that, on returning home, Dave had commented on Sunshine's deprivation (?) in not having birthday parties of the 'Frogs in the Pond' variety.

The whole episode, however, prompted me to think about the role of food in kids' birthdays, and I asked some other Moora Moora members for their responses. Some saw birthdays as the one time in the year when they were prepared to indulge their children in junk food, while others made traditional kids' party fare but substituted honey and wholemeal flour and 'health food' sweets. Still others refused to bow to peer group pressure and served fruit juice (sometimes as frozen icypoles), and nuts and dried fruit.

'Frogs in the Pond' has become an institution in our family and it would be sacrilege to cut it out at this stage. But generally I am trying to move away from the situation where the food is the main focus of birthday parties; where those invited dash in and engulf everything within sight, usually discarding the healthy morsels, and then the party's over. I am now putting more care and attention into the socialising aspect of parties, and incorporating more games where children can interact and have fun together.

Here are some ideas from the people of Moora Moora.

- Keep parties for very young children short and simple, and provide food that is easy for them to eat.
- Place more emphasis on aspects such as imaginative room and table decorations.
- For savouries, the children have enjoyed cheeseballs, small wholemeal pizzas and hamburgers. Double-decker sandwiches and hot garlic bread are also popular. Titbits such as cheese, salami, gherkin and fruit or vegetable pieces placed on toothpicks stuck in a grapefruit or a French stick will appeal to most children. Older children often appreciate a dip and plate of fresh vegetables.
- We usually serve fruit juice and/or home-made ginger beer for drinks.
- A theme which is appropriate to the age of the child can be chosen — an animal theme for a younger child, or a 'Pirate Party' for an older one.
- The older the child, the more they can help with the planning and cooking. An older child could help with invitations, 'mood makers', games and food.
- Fresh fruit can feature in many palatable ways — fresh fruit ice cream, frozen as icy poles, frozen bananas dipped in chocolate, oranges and apples cut in interesting shapes, a hollowed-out watermelon carved in much the same way as a Halloween pumpkin. I found that a centrepiece of a 'worm' made out of small, shiny apples placed side by side with sultana eyes and a mouth of half a dried apple was popular.




Kids' parties do not have to be feasts of junk food. With practise party fare can be both healthy and attractive.

- Most of our children like a specially decorated birthday cake. Some of us have found the *Women's Weekly Birthday Party Book* a useful source of ideas, but we substitute a healthy cake and icing recipe.

Two books we have found particularly useful are *Party Fun* by Elizabeth Fanning, and *Ideas for Children's Parties* by Elizabeth Fanning and Joy Nugent, Sphere Books, Melbourne 1979. Both should be available through large book stores. Dr Fanning works in the area of preventative dentistry and Joy Nugent is a mother of four Cordon Bleu cooks. The latter book shows how to organise imaginative and fun parties without using junk food. There are party themes, games and recipes for toddlers to higher primary children, and ideas to involve older children in creative planning and participation.

We would love to hear other *Grass Roots* readers' ideas, both grown-ups and kids, on birthday parties.

Moora Moora has just celebrated ten years as a co-operative community. Set on 245 hectares near Healesville Victoria, it has at present about 25 resident members out of a desired total resident membership of 60. If you would like to visit Moora Moora or to have more information, please write to the Membership Convenor, Moora Moora, Box 214, Healesville 3777. A subscription of \$4 per year sends you three or four issues of our newsletter.



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Natural Goat Care

by Pat Coleby, Harcourt, Victoria.

The silly season arrived a month early this year, with a vengeance! I had 22 does come in season within three days at the end of February, and the place was absolute bedlam. One particularly disaster-fraught moment arrived when I was ushering a maiden goat into the biggest buck and, rather stupidly, did not close the gate behind me immediately. She dodged out, and he followed with me coming in a bad third. However, with a flying tackle, I managed to avert disaster just as he was about to try a tackle of his own on the wrong doe (and he's a very big boy!). Since then I do what I should have done in the first place and that is to attach each goat to the wire with straps or chains before moving them around. Having one adult buck and several first year boys can make things difficult, especially when they can see each other — even though there is a 12-foot space between them. The does think it is distinctly *infra dig* to be served by one of the small bucks when they had decided that Danby was *much* more attractive. Some really become quite awkward about it and one begins to wonder if they are really in season at all, only to see them rush back to Danby's fence and start soliciting him the moment they are free. Perhaps I should put blinkers or a blindfold on them!

There have been the usual quota of visiting does, none of which came in season as readily as mine this year. In fact I have met a great many people who complained that their does were very slow coming in this year. I have been using the red Stockmin mineral supplement for some time now; in fact this year, with the feed so poor, I would not be game to eliminate it from their diet. I know of one other person who uses this same supplement, and all of his does came in season in good time too. Perhaps it is providing some essential element that is lacking in the pasture this year.

Lately I have been spending my time trying to reduce the copper supplement in my goats' diet, and I keep getting caught out. I had brought it down to under a teaspoon per week early in February, but my herd test result for that month showed the butterfat level down to something like half the usual figure (a very bad sign), and examination showed some rather anaemic-looking eyelids. So I increased the copper to 1½ teaspoons a week for the next three weeks, and the next herd test showed the butterfat levels up to and above their usual mark. I do not dose the goats with that amount of copper; it is dissolved in the water in which I soak their barley so that a little goes into their feed *every* day and they receive it in as natural a form as possible.

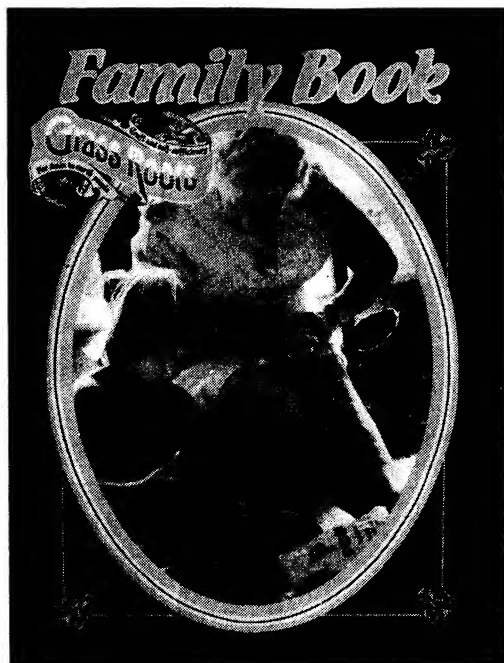
At the tail end of last winter I acquired some sheep rugs made of a light-weight woven polythene. I'm not mad about artificial fibres, but these are a great deal better than the conventional rugs made of canvas which become heavy and stiff, or just water logged, when they are wet. The sheep rugs, on the other hand, being light weight, shed the water, and retain a layer of air between them and the goat, acting like a wet-suit and thus keeping the goats warmer. They are so light that they do not cause distress if left on for an unexpected hot

day, and that has been an advantage this summer as the weather has been so changeable. So this winter I have acquired enough rugs to put on the whole herd, considering that they are worth the expense because it will mean that the goat does not have to utilise so much of its food ration just to keep warm, but can use it to build up its milk and body reserves. I paid \$29.00 for ten large-size rugs (including postage), and after pricing the material I realised that I could not even buy it for that price, let alone have the rugs made up. They are of an excellent unremovable design, with back leg holes, and leave the rear of the goat clear for mating or kidding. I bought the D size, which had to have a reef taken in at the middle, but the B and C sizes were too short for my larger goats. The name of the supplier is at the end of the article.

Because I sell milk I receive a lot of backwash about dirty milk. I do not look for private sales, and all too often when I point out to an eager customer that there are goat people quite near to them the answer is 'have you seen the place and tasted the milk'. I have not and so can't comment, but I was rather shattered when a would-be commercial milker came to have a look at my setup and told me it was the first clean and tidy goat farm he had seen. (Not true of course, he must just have been unlucky.) To keep a place clean and tidy does not need money (or mine wouldn't be), but it does require effort. A tidy farm is a much safer farm — in a bush fire you're not so likely to break your leg moving about fast in the smoke! So please goat keepers get your act into gear and change your image to present a nice tidy picture to the public. Clean milk does not require a lot of money, so long as you have scrupulously clean buckets, cloths to strain the milk through (soak them in White King), instant cooling, and a healthy goat, there should be no trouble. I have mentioned off flavours in milk previously, and if these don't respond to treatment with vitamin B12 or dolomite they are probably caused by subclinical mastitis (which shouldn't be present either).

I have just built two rather smart new buck runs (paid for with milk sales), nearly burst myself digging 34 postholes for six-foot poles, and erected chain-link wire fences in the vain hope that the big bucks would not be able to make them look like an old onion bag in 24 hours — actually it took 48! I ran out of money so I could not strain a plain strand of wire completely round the bottom and top and hoped that I had covered the important places until I could afford to buy more. Danby managed to find the one place I had not done and set to work, so I'm going to have fun pulling that part of the fence back into shape.

The gates consist of one home-made wooden one, and one scrounged metal one with square holes that are too small for an adult goat to put its head through, but not so for the young bucks. Twice now I've found one of them stuck but, remembering an excellent tip told to me by a very experienced Canadian goat girl who stayed with me a year or two ago, I just grabbed him by one back leg and pulled — after all he put his head in, and I didn't see why I should have to resort to the



THE GRASS ROOTS FAMILY BOOK

The Grass Roots Family Book is a surprisingly diverse collection of Australian family lifestyles described in that matter-of-fact way that has become the trademark of Grass Roots. It is a collection of readers' stories of how they have welded the new and the old together to forge something unique and personally satisfying in a world that for many is changing far too quickly. Many feel trampled by progress, isolated or redundant through unemployment, and others simply feel they just cannot keep up the pace. Each has something to offer, something unique from which we can all learn and their openness is touching and inspiring.

The Family Book may point you in a different direction, show you how you can change your family structure for the better or remind you of the values you hold dear that are too seldom expressed. Regardless, it is a book of life's adventure, to be read for the wisdom, the joy, the sorrow, and for the very vibrance of life itself radiating from every page.

Price \$6.50 includes post and packing.

THE GRASS ROOTS BUMPER BOOK







Ever wondered how to make your own presents, your own gift and greeting cards and even how to keep the children occupied during holiday periods? Well there is all that and more in *The Bumper Book*. In this special Grass Roots publication, readers have come together in a Christmas celebration and offered to share their thoughts, philosophies and ways of living in their usual jolly, straightforward fashion. There are stories about self-sufficiency in Japan, Christmas in Holland, living in a converted dairy in New Zealand, and renovating a two century old home in Wales, as well as plenty of fact and fancy on life in Australia from the outback to the semi-urban. As usual, there are plenty of activities and these include homespun slippers, knitting a teddy bear, how to create applique bags and cushions, preserving herbs, printing your own wrapping paper, making gift and greeting cards, herbal gifts, papermaking and more. As well there is a giant section of ideas, activities and resources for keeping the children occupied during the holidays. And the mechanically minded can drool over a plan for a simple 12 volt waterwheel that has been working on the owner's property for fifteen months.

The Bumper Book is crammed full of the joy of living. It is certainly a delight to read and one that will be recalled often.

Price \$4.50 includes post and packing.



Grass Roots Stickers: make new friends, let others know you are a reader; 54¢ (or two stamps) each, add 27¢ postage if not ordering with magazines.

<p>No.10</p> <p>Horse care, dome building, summer drinks, pot-pourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.</p>	<p>No.11</p> <p>Geese, owner-builders, producer gas, hand-woven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing, splicing.</p>	<p>No. 12</p> <p>Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps, nettles, tapers, home brewing, hair care, gardening and more.</p>
 <p>No. 13</p> <p>Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, Index 1-12, Renate, Jack.</p>	 <p>No. 14</p> <p>Recycle a windmill, soap making, permaculture, bees, applique, herbal teas, button making, tipis, fowls, musical instruments for kids.</p>	
<p>No. 15</p> <p>Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self-sufficiency city style and more.</p>	<p>No. 16</p> <p>Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.</p>	<p>No. 17</p> <p>Pheasant farming, bathtubs, energy herb farms, Muscovy ducks, cultivators, cheese making, slaughtering, beer, urban forestry, buttons, horse and cart and lots more.</p> <p>TEMPORARILY UNAVAILABLE</p>
 <p>No. 18</p> <p>Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupressure, weaving, poultry, tractors, stone masonry, living off craft, a 98 page issue!</p>	 <p>No. 19</p> <p>Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese-making – another 98 page issue.</p>	
<p>No. 20</p> <p>Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying, eating out and more.</p>	<p>No. 21</p> <p>Balcony gardening, working donkeys and mules, knitting with handspun, bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming and more.</p>	<p>No. 22</p> <p>Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organizing a community market, poetry and more.</p>
 <p>No. 23</p> <p>Shoemaking – a small business, urban gardening, solar hot water, mud bricks, alternatives to milk, lease a farm, grow fruit from seed, start a country market, bantams and all the regulars.</p>	 <p>No. 24</p> <p>Small scale hydro electricity, butter making, life on an island, poultry shed, make your own canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes and lots more.</p>	
<p>No. 25</p> <p>Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipes from Renate.</p>	<p>No. 26</p> <p>Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.</p>	<p>No. 27</p> <p>Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorized gypsies; another packed 98 pages.</p>



BOOK NEWS

Reading for Independent Living

Your response to the last Book News has been an exciting and interesting one. You have ordered a wide range of books and many people have enthusiastically taken advantage of our special offer of a free calendar. In this edition of Book News we offer another special offer until August. With book orders of \$35 or more, you will receive a free booklet from the Home Made series, either on making your own soaps, soft cheeses, cosmetics, scents and fragrances, or drinks. For orders of more than \$50 you will receive two free booklets. So, if you have a preference for which one you want please state it on your order form. These books are actually reviewed inside under the 'craft' section.

The majority of books reviewed in this edition are new titles but there is a spattering of old favourites. I hope you find the selection of books interesting and stimulating. If you have any comments or suggestions please send them in to me because I welcome any feedback.

Best wishes
Lynne.



CRAFT

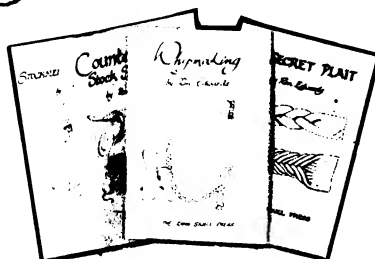
There are four booklets about traditional Australian leather crafts which have been written and illustrated by Ron Edwards. In an easy-to-follow format they present a practical guide to particular leather-working skills which will benefit bush people and others interested in leather crafts.

COUNTERLINING STOCK SADDLES – soft cover, 20 pp, RRP \$3.00.

This booklet has numerous easy-to-follow diagrams to help people learn counterlining. After studying the text and drawings you will be on your way to counterlining a saddle in a very professional manner.

STOCKMEN'S PLAITED BELTS – soft cover, 28 pp, RRP \$3.50.

This booklet explains how to plait using a variety of techniques that are still popular in the bush. How to make a belt is illustrated step-by-step, from the cutting of the kangaroo-hide lace and attaching the buckle or rings to detailed drawings showing how to create various patterns and designs. The methods of making hatbands and watchbands are also explained. This is an interesting book with a few bushman's tales thrown in for entertainment.



THE SECRET PLAIT – soft cover, 16 pp, RRP \$2.50.

Ron Edwards explains in detail, and illustrates with clear step-by-step diagrams, how to make a plait from the middle of a belt. To the lay person there seems to be no logical method by which a belt can be plaited in the middle without either end being cut. However this booklet dispels the mystery and clearly explains how to make secret plaits using 3, 5, 7, 9, 11 and 13 strands.

WHIPMAKING – soft cover, 16 pp, RRP \$2.50.

This book shows how to make the common four-plait whip used in the bush. How to prepare the hide, cut the strands and skive them if desired are all clearly explained and illustrated. There is also information on making and attaching handles.

NATURAL DYES FOR SPINNERS AND WEAVERS – Hetty Wickens. Soft cover, 96 pp, UK. RRP \$9.99.

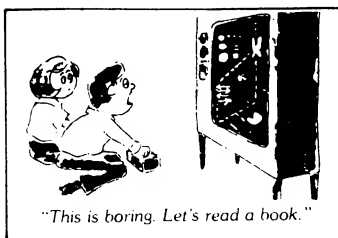
After you have learnt how to spin and have spun for a while using natural coloured wools, the desire for different colours is usually born. Some stunning colours can be achieved using natural dyes and home-spun wool. *Natural Dyes for Spinners and Weavers* explains how to dye wool, how to prepare for the dyeing process, how to select the best yarn, what equipment is needed, and how to make your colours fast. This is a good how-to-do-it book and contains a comprehensive list of what to use to obtain a particular colour.

THE BIG BOOK OF APPLIQUE – Virginia Avery. Hardcover 160 pp, USA. RRP \$26.50.

Applique is an exciting art form and a practical way of refurbishing your wardrobe. You can applique old clothes to give them a new lease of life, new clothes to give them added character, or make wall hangings, quilts, banners or gifts. *The Big Book of Applique* illustrates a wide range of embroidery stitches that can be used, different designs, and the variety of materials that you can choose to applique with. This book will help the beginner with ideas and information as well as giving the more experienced person inspiration and guidance to make more sophisticated pieces of applique.

EMBROIDERY AND NATURE – Jan Messent. Soft cover, 168 pp, UK. RRP \$9.99.

Nature can offer endless inspiration for the embroiderer. The colour, texture and shape of leaves, animals, clouds, shells and even spiders' webs present variety and unique designs that can't be matched. *Embroidery and Nature* makes a variety of suggestions on how embroiderers can interpret what they see and translate it into stunning art work. There are hundreds of examples contained within this book ranging from more unusual projects such as embroidering a hornets' nest to embroidering a cat on a window sill. This book doesn't teach the art of embroidery but it does provide inspiration and suggestions for the more experienced embroiderer.





THE DRIED FLOWER BOOK

Growing · Picking · Drying · Arranging



Annette Mierhof/Marijke den Boer-Vlamings

These five booklets: *Drinks, Soaps, Scents and Fragrances, Cosmetics* and *Soft Cheeses* are a selection from the home-made series. They are a UK publication, soft cover, 32 pp and they all retail for \$1.95.

Drinks. There are some very interesting recipes for making your own drinks in this booklet. Some of the thirst quenches included are lime and lemon barley water, cucumber and iced mint tea, rosehip syrup, and pear and yoghurt tea. The instructions are easy to follow and are each accompanied by an attractive colour photograph.

Cosmetics. This little book is not a guide to beauty – it is based on the principle that we feel healthier, and consequently happier, when we care for ourselves. Only pure and natural ingredients are used so those herbal cosmetics such as cleansing cream or the every-day hand cream look a little different than their commercial counterpart.

Soaps. Carved orange flower bars, rich lanolin soap, and even children's strawberry soap are some of the recipes to choose from in this useful little booklet. Care needs to be taken when making soap and the author recommends some safety precautions, and suggests what equipment to use to simplify soap making.

Scents and Fragrances. This booklet outlines some delightful recipes that will appeal to those with a keen sense of smell. Recipes, together with photos, explain how to make perfumed bath oils, herb pillows, simple scented candles and sweet herb vinegar. The recipes contained in *Scents and Fragrances* would make great gift ideas.

Soft Cheeses. The author of *Soft Cheeses* feels that making cheese is as simple as baking bread, and that the finished results can be just as varied in flavour, texture and shape. The cheese recipes, such as goats milk cheese, garlic and celery cheese, or cream cheese, are easy to follow and require very little equipment.

Stretching is easy to learn. But there is a right way and a wrong way to stretch. The right way is a relaxed, sustained stretch with your attention focused on the muscles being stretched. The wrong way is to bounce up and down or to stretch to the point of pain.

THE DRIED FLOWER BOOK – Annette Mierhof and Marijke den Boer Vlamings. Hardcover, 96pp, Netherlands. RRP \$22.95.

This beautiful book has over 100 delightful water-colour illustrations of different flowers. It covers all aspects of drying flowers from where to find them, what techniques to use, and various ways of arranging and decorating with them. The authors explain how to make a flower press, a wreath, and Christmas decorations. They also suggest what materials and tools are needed and list both the common and Latin names of plants. This book would be an ideal resource for people interested in drying flowers and it would certainly make a superb gift.

NATURE CRAFTS – Mary Elizabeth Johnson and Katherine Pearson. Hardcover, 154 pp, USA. RRP \$29.95.

Nature Crafts is a book full of seasonal projects designed and made from natural materials. There are ideas for making earrings from feathers, a table from sea shells, pots from dried fruit and baskets out of pine needles. There is also a variety of craft suggestions for dried flowers and herbs, and weaving from natural materials. These interesting and inexpensive craft projects are explained clearly and amply illustrated with photos and sketches. This book is an American publication so all measurements are imperial.

HEALTH

HELPING YOURSELF WITH FOOT REFLEXOLOGY – Mildred Carter. Soft cover, 190 pp, USA. RRP \$7.95.

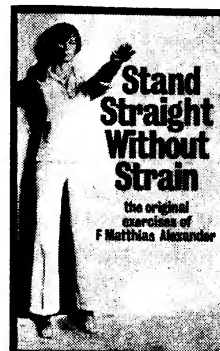
Helping Yourself with Foot Reflexology explains how to massage your feet for relaxation, and to bring relief from pain and disease in various parts of your body. In a simple chart the feet are illustrated with shadings outlining which parts of the feet correspond with various organs and parts of the body. It's an easy-to-read book which makes it ideal for people interested in learning about reflexology as well as for people wanting to expand their knowledge of massage.

STRETCHING – Bob Anderson. Soft cover, 192 pp, USA. RRP \$8.95.

This book teaches you, with diagrams and clear instructions, how to stretch correctly and explains which stretches will benefit the different parts of your body.

STAND STRAIGHT WITHOUT STRAIN – Marie Beuzeville Byles. Hardcover, 98 pp, UK. RRP \$14.95.

Most people realise it is important to stand straight and to be aware of maintaining good posture. However, what is often not realised is that faulty posture is as much an enemy of good health as an incorrect diet and negative thinking. Alexander, founder of the Alexander technique, developed a series of exercises based on the philosophy of using good posture to combat the stress and tension which affect the mind and body. *Stand Straight Without Strain* contains for the first time the original exercises Alexander developed. This book should prove of considerable value to nurses and teachers of yoga, physiotherapy, chiropractic and osteopathy. It is also designed for the person who is unable to consult an Alexander practitioner and who is prepared to perform the exercises in their own home.



A PHILOSOPHY OF HEALING – Judy Jacka. Soft cover, 94 pp, Aust., RRP \$5.95.

Philosophy of Healing was written to provide a bridge in thought between Eastern and Western concepts in health and disease, and between orthodox and alternative healing. The author, a natural therapist and lecturer with the Council of Adult Education in Victoria, discusses seven main areas of alternative therapies: the vitality factor in health and disease; Bach flower remedies; toxic factors in disease; iridology; homeopathy; inherited factors in health and disease; psychological factors in disease; and a synthesis of therapies. Finally, there is a section on the sociological factors and the education of healing which round this book off very well.

WILL MY BABY BE NORMAL? – Dr Jonathan Scher and Carol Dix. Soft cover, 240 pp, UK, RRP \$6.95.

Will My Baby Be Normal? is a book that answers many questions which expectant mothers and fathers often ask. Knowing what to expect, what is required of the mother-to-be, how to cope with problems, or knowing how to prevent likely problems, makes the experience of having a baby more enjoyable. *Will My Baby Be Normal?* discusses childbirth for women in their 30s and explores likely physical and emotional changes. It is important reading for women who are either planning to become, or are already, pregnant.

★★★★★★★★★★
Reflexology is nature's 'push-button' secret for vibrant health and more dynamic living.
★★★★★★★★★★

YOUR BODY DOESN'T LIE – Dr John Diamond. Soft cover, 142 pp, USA. RRP \$5.95.

Do you know how your job, your lifestyle or even your thoughts are affecting your body's energy? In the simple test outlined in *Your Body Doesn't Lie*, you will soon find out. Negative emotions tend to deplete your life's energy yet by using the theory of Behavioural Kinesiology (BK) the author explains how to substitute energy-depleting activities for energy-enriching ones. Once you understand BK the need for good posture, good nutrition, comfortable clothes and a positive mental outlook will take on a new significance and importance.



FOOD

IRIDOLOGY – Dorothy Hall. Soft cover, 241 pp, Aust. RRP \$9.95.

In this book of *Iridology*, Dorothy Hall explains the significance of iris colours, textures, patterns and marks, with reference to specific case histories, and easy-to-follow diagrams.

ACUPUNCTURE – Alexander Macdonald. Soft cover, 184 pp, UK, RRP \$7.95.

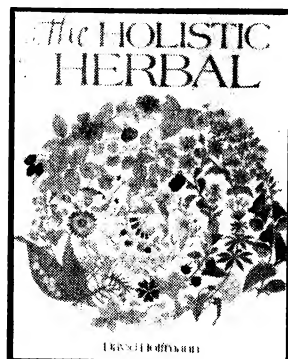
In Western society acupuncture is becoming more widely used, although its application is still a mystery to many people. To help demystify this traditional Eastern medicine, *Acupuncture* answers the most commonly asked questions such as how the needles work, how successful are the treatments for various complaints, and whether or not pain will be involved. *Acupuncture* is an informative guide for the patient or for anyone considering this treatment as an alternative to conventional medicine.

HERBS



CULPEPPER'S COLOUR HERBAL – edited by David Potterton. Soft cover, 224 pp, UK, RRP \$14.95.

Culpepper's Colour Herbal was originally written in the 17th century, however, the information contained within these pages is both interesting and useful even today. Over 400 herbs and plants commonly used for herbal remedies are listed alphabetically with information on where to find each one, its flowering time, its astrological influence, medicinal virtues and modern uses. While the book is written for English conditions it is still a very useful resource for the modern herbalist and contains colour illustrations of all 400 plants.

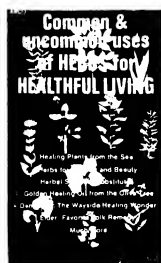


THE HOLISTIC HERBAL – David Hoffman. Soft cover, 271 pp, UK. RRP \$17.95.

The holistic view of herbal medicine includes working with all aspects of the person as well as recognising the importance herbs have in our ecology. *The Holistic Herbal* is a comprehensive book which discusses in detail the body's respiratory, nervous and digestive system. It suggests methods by which people can prevent disease and how herbs can be used both at the preventative and curative stages. This is an informative book which the beginner will learn a great deal from and is an ideal resource for those more experienced in using herbs and holistic medicine.

COMMON AND UNCOMMON USES OF HERBS FOR HEALTHFUL LIVING – Richard Lucas. Soft cover, 238 pp, USA. RRP \$4.75.

This book is a collection of herbal folk remedies which have been tried and tested by medicine men centuries ago, witch doctors, gypsies, midwives, country-folk and herbalists. The first section concentrates on particular herbs per chapter such as rosemary, saffras, sage and dandelion. The second part discusses more general uses of herbs including substitutes for tobacco, and bathing and beauty aids. A detailed chapter on miscellaneous herbs and their uses completes this practical and informative book.



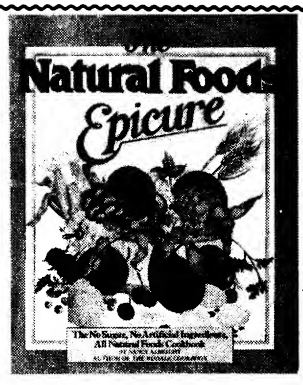
In Japan, where seaweed is used as food, abnormalities of the thyroid are non-existent.

THE WHOLEFOOD COOKBOOK – Gail Duff. Hardcover, 153 pp, UK. RRP \$14.95.

The Wholefood Cookbook has quite a lengthy introduction compared to the average cookbook. This introduction explains the importance of eating wholefoods as opposed to processed foods, which have nutrients taken from them and chemicals added to them. The benefits of wholefoods are obvious from a health aspect, and of course there is the fact that wholefoods are cheaper and tastier. The contents of *The Wholefood Cookbook* is divided into vegetables; pulses and legumes; wheat and rice; more unusual grains; fruit; nuts and seeds; fish and shellfish; meat, poultry and game; dairy products; and baking. This wide variety of tasty recipes uses only natural ingredients. It is an attractive book with many coloured photos and clear easy-to-read text that cooks of all standards will appreciate.

THE NATURAL FOODS EPICURE – Nancy Albright. Soft cover, 408 pp, USA. RRP \$21.50.

The Natural Foods Epicure is a large and very comprehensive cookbook that features hundreds of recipes with no sugar and no artificial ingredients. These recipes, which exclude any type of processed food, fall into the following categories: cereal grains; milk and its products; eggs; meat; fish; vegetables; fruit; seeds and nuts; legumes; sprouts; carob; natural teas and herbs. At the beginning of each section the author discusses the nutritional content of various foods and how to cook them. This is then followed by a variety of recipes. *The Natural Foods Epicure* will convince you with sound nutritional reasoning why you should be using natural products.



MAKING YOUR OWN CHEESE AND OTHER DAIRY PRODUCTS – Margaret Barca. Soft cover, 128 pp, Aust. RRP \$5.95.

Making your own dairy products is a relatively easy process, using simple equipment and a few basic ingredients. This book explains the processes of making cheese, butter and yoghurt at home or on the farm for your own use. *Making Your Own Cheese and Dairy Products* is written both for those who may own their own cow, goat or sheep, which they are milking, and for those who buy their milk.

The right herb to use is always the herb that's right for you. Only after experimentation will you become familiar with their strengths and delicacies.

TASTE OF LIFE – Julie Stafford. Soft cover, 128 pp, Aust. RRP \$9.95.

The recipes contained in this cookbook are all based on healthy ingredients. They omit the use of salt, sugar, fats, food additives, oils, and full cream milk. Reviewed in the last *Book News*, this book has proved very popular.

FOOD FACTS – David Briggs and Mark Wahlqvist. Soft cover, 256 pp, Aust. RRP \$9.95.

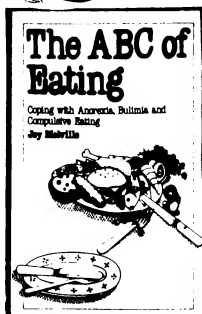
The authors of *Food Facts* feel the amount of information available which discusses slimming, dieting and fat foods often causes confusion. With so many conflicting views it can be difficult to determine what foods are nutritious and beneficial to a healthy mind and body. *Food Facts* outlines in detail the nutritional composition of foods and also discusses components such as the amount of cholesterol in various foods. *Food Facts* will prove to be a helpful resource because it dispels common myths about nutrition and explains how to assess your own particular nutritional and dietary needs.

BEAN CUISINE – Janet Horsley. Soft cover, 89 pp, UK, RRP \$6.95.

Bean Cuisine is a comprehensive guide to the cooking of beans and pulses. The introductory chapter traces the historic, economic and nutritional aspects of bean cookery and explains how to use this valuable protein to make well-balanced appetising meals. The easy-to-follow recipes will tempt you to try many of these innovative delicious bean dishes.

THE ABC OF EATING – Joy Melville. Soft cover, 106 pp, UK. RRP \$6.95.

Unfortunately an obsession with food is becoming a very real problem in Western societies. While weight control can be a preoccupation for both men and women, it is young women in particular who are likely to suffer from either anorexia, bulimia ('bingeing') or compulsive eating. To help understand why people become obsessed with dieting and food *The ABC of Eating* is a good resource. It gives the reader a valuable insight into the symptoms, and treatments available for eating disorders. People wanting to know more about eating problems will find this book useful.



GOOD FOOD, GLUTEN FREE – Hilda Cherry Hills. Soft cover, 239 pp, USA. RRP \$8.95.

There is a growing minority of people who can't eat wheat and similar grains without suffering from severe side effects. Those people unfortunate enough to suffer from celiac disease – the inability to eat wheat and similar grains – have the combined problems of avoiding those products and preparing varied meals which they can eat. *Good Food, Gluten Free* is an ideal resource for people unable to eat wheat and similar grains because it contains over 300 recipes for gluten-free main dishes, breads and biscuits, treats, desserts and salads. A section on practical tips for avoiding 'danger' foods at parties, restaurants and while travelling adds to the usefulness of this book.

GARDENING



GROWING AUSTRALIAN NATIVES IN POTS INDOORS AND OUTDOORS – Alec M. Blombery. Soft cover, 80 pp, Aust. RRP \$8.95.

Growing natives in pots may be a solution to the problem of limited space in your garden and this book explains the best way to go about it. The author suggests what plants to grow, depending on size, situation, and personal preference. *Growing Australian Natives in Pots* covers all aspects of potting, maintenance and propagation. There are special chapters on: house plants, bonsai, ferns, orchids, water plants, and even dried plants for flower arrangements. This is a good book for the inexperienced gardener because its photos, sketches, and clear explanations, make it easy to read and understand.

INDOLENT KITCHEN GARDENING – Libby Smith. Soft cover, 72 pp, Aust. RRP \$5.95.

Indolent Kitchen Gardening is both a cookbook and a gardening book. In alphabetical order different vegetables are listed with gardening suggestions and tasty meal ideas. There are recipes for the more unusual varieties of vegetables as well as for the more common types. Libby Smith shows you how to organise your garden so it's producing all year round. Her garden techniques are firmly based on mulching but she also recommends earthworms, compost, compatible plants and other organic management techniques as aids to gardening success. The gardening section of *Indolent Kitchen Gardening* is orientated towards a cooler climate.

Indolent Kitchen Gardening
Libby Smith



BIRDSCAPING YOUR GARDEN – George Martin Adams. Hardcover, 144 pp, Aust. RRP \$19.95.

Birdscaping Your Garden is a book bird lovers and conservationists will love. Conservationist, George Martin Adams explains, with numerous coloured and black and white photos, how to construct a natural environment in your garden in order to attract a variety of birds. He provides information on the location and identification of individual plants, approximate flowering times, propagation and cultivation, planning and planting. This is a great book for bird lovers and people committed to conservation (city and country folk alike) because it shows how easily valuable wildlife can be attracted by making the best use of the space you have.

The relationship between Australian flora and fauna is one of remarkable interdependence.

AUSTRALIAN TERRESTRIAL ORCHIDS

Collin and Dorothy Woolcock



AUSTRALIAN TERRESTRIAL ORCHIDS – Colin and Dorothy Woolcock. Hardcover, 154 pp, Aust. RRP \$40.00.

Orchids are not as rare in Australia as most people think. The authors of *Australian Terrestrial Orchids* believe that anyone can find them in the bush if they know where to look and what to look for. Australian ground-orchids grow in diverse habitats, from sand to heavy soils, from coastal heaths to mountain slopes, and in alpine areas when the snow has melted. While orchids tend to grow mainly in the southern parts of Australia they are spread throughout the south-east and south-west of the continent. This book, which colourfully illustrates and provides descriptive up-to-date botanical information on 185 different species, is the orchid enthusiasts' delight.

FOOD MOODS – Karin Eriksen Perez. Soft cover, 187 pp, USA, RRP \$15.95.

In this book the author explores how certain foods can affect emotions. If it's success you want, a happy soul and stomach, or perhaps an intimate relationship with another person, then *Food Moods* will give you a better insight into how you can use food to your advantage. It's an entertaining book with many quotes which will keep you amused whilst challenging your ideas about the importance and varying roles of food.

THE NATURAL TUCKER BREAD BOOK – John Downes. Soft cover, 128 pp, Aust. RRP \$6.95.

Home-made bread, fresh out of the oven, tastes and smells delicious – qualities which have yet to be equalled by any commercially baked varieties. To bake your own bread is easy as *The Natural Tucker Bread Book* shows you. There are over 60 recipes ranging from yeasted breads, basic leavened breads (sourdough), unleavened breads and special breads. There is plenty of advice on flours, kneading, and other hints to make bread baking more successful. There are also suggestions on how to substitute soymilk for cows milk; how to make gluten-free bread; and how to avoid the use of commercial additives. Whether you are a novice or a more experienced bread baker, this book will be a very handy one indeed.

A wise Sufi poet once wrote, 'What a piece of bread looks like depends on whether you are hungry or not'.

COOKING FOR YOUR LIFE – Marlene Pentecost. Soft cover, 88 pp, Aust. RRP \$5.95.

In an attempt to combat the growing incidence of heart disease and other health problems, the author of this book has based all her recipes on ingredients which do *not* include added fats, cholesterol, sugars or preservatives. *Cooking for your Life* is a complete cookbook containing recipes for entrees, main meals, vegetable accompaniments, salads and snacks, drinks, cakes, breads and sweets.

POISONOUS PLANTS – E.J. McBarron.
Soft cover, 150 pp, Aust. RRP \$14.95.

In alphabetical order this book discusses 151 plant species which are capable of poisoning animals. These plants are either native or introduced, and in some cases have been cultivated. The author describes each plant's appearance and explains the symptoms your animal will show if they have eaten it. He recommends ways to prevent livestock eating these plants and suggests treatments in the event that they do. To make the identification easier, each of the 151 plants is illustrated with a detailed line drawing. *Poisonous Plants* would be of value to anyone with animals because knowing which plants are poisonous and possible treatments can only lead to safer stock management.

GARDENING IN THE SHADE – Marcelle J. Monfries. Hardcover, 112 pp, Aust. RRP \$14.95.

If your garden happens to be a particularly shady one, knowing what to plant will no longer be a problem. *Gardening in the Shade* explains in easy-to-digest language the best ways to achieve an attractive garden in sunless conditions. There are chapters on light and the movement of the sun through the seasons, management of sunless soils, selection and planting, planning for large and smaller gardens, and pruning. This book covers a very wide spectrum of gardening topics, making it suitable for both the beginner and for more experienced gardeners.

CHILDREN



ONE DRAGON'S DREAM – Peter Pavay.
Soft cover, 32 pp, Aust. RRP \$4.50.

One dragon had a dream
That two turkeys teased him
Three tigers told him off
And four frogs seized him
Nine nimble numbats
Sewed him up with thread
Then a team of ten turtles
Towed him home to bed

This is the first and the last part of the poem for *One Dragon's Dream*. Each line accompanies a magnificent double-page illustration. The colour drawings are so detailed that children will be occupied for hours identifying all they can see, while learning to count at the same time. *One Dragon's Dream* is a great picture book that even grown-up children will enjoy reading with the younger ones.

THE PUFFIN BOOK OF CAR GAMES – Douglas St P. Barnard.
Soft cover, 199 pp, UK. RRP \$3.50.

You may be only ten minutes down the road before the kids start asking 'How much further to go?' It can be quite distracting and unpleasant if you have a carload of bored kids and miles to travel. To make travelling more fun for both grown-ups and kids, *The Puffin Book of Car Games* suggests many entertaining games and activities. There are even activities for when you arrive at your desired destination, that require little or no equipment.



WOMBAT – Dina Browne and Jenny Woodward. Soft cover, 111 pp, Aust. RRP \$8.99.

Wombat is a book packed with plenty of wonderful games, jokes, activities, recipes, crazy facts and stories. One of the zany ideas involves painting worn-out shoes and boots to make into a pen holder or vase. There are also instructions for making fern candles, masks, kites and soap. There are games to test your wit, trick puzzles and lots of jokes. *Wombat* is well illustrated and is a great book which will give kids (parents and teachers too) lots of ideas for activities to do during weekends, holidays and even after school.

*Have you ever tied a smelly
old piece of meat to some
thin string and dangled it in
a creek or pond?*



These three Australian publications present a wide range of issues that will interest children and surely stimulate some discussion. They are illustrated with large coloured photographs and the stories all acknowledge Australian multiculturalism, focusing on various aspects such as ethnicity, class, gender, age and religion.

KAIYU'S WAITING – Maureen Watson.
Soft cover, 16 pp, Aust. RRP \$4.00.

This beautifully photographed book explores a small part of Aboriginal culture including their struggle for land rights. Kaiyu, an Aboriginal girl, expresses her confusion about the facts concerning how Australia was first discovered and explored, and explains to a white boy where she's from, and how she took part in a peaceful land-rights march.

ALI'S HOLIDAY – Ron Harper. Soft cover, 16 pp, Aust. RRP \$4.00.

Ali is a Turkish boy who describes *seker bayrami* to his non-Turkish friends. *Seker bayrami* is a celebratory time like Christmas is for Christians except that the Turks abide by different customs. *Ali's Holiday* looks at different religions and shows how people of different nationalities can learn and benefit from each other's cultures.

NEW FRIENDS – Ron Harper. Soft cover, 16 pp, Aust. RRP \$4.00.

This story looks at two single-parent families who live in housing commission flats in an inner city suburb. One of these, Kim's family, is Vietnamese and they are anxiously awaiting the arrival of their mother and young brother. *New Friends* looks at friendships, single-parent families and multi-culturalism.

THE GOULD LEAGUE BOOK OF ENDANGERED AUSTRALIAN WILDLIFE – Frank Haddon and Tony Oliver.
Hardcover, 32 pp, Aust. RRP \$8.95.

This book presents 28 examples, together with 28 magnificent illustrations, of endangered Australian wildlife. There is the western swamp turtle, the northern hairy-nosed wombat and the bustard, to name just a few. The author describes the habitat of these wild birds and animals, where they may be found, and he suggests why they are endangered. Young readers will learn a great deal about familiar and unfamiliar animals and will gain a better understanding of the Australian natural environment.

PARTIES MAKE ME SICK – Rae Paterson and Judy McKechnie. Soft cover, 32 pp, Aust. \$3.50.

The authors of *Parties Make Me Sick* are two parents whose children are affected by eating certain foods. They realised, from their own experience, that once you have identified the food triggering the particular symptom such as asthma, eczema, hyperactivity or a learning disability, the symptom is no longer the real problem. Instead the problem becomes one of learning to cope with being different. In a delightful story, with bright illustrations, the reader soon learns how little Kirsty, who suffers from eczema, copes at a birthday party. To help parents organise parties for food-sensitive children, Rae and Judy have included a variety of tasty and easy-to-make recipes ranging from alternative birthday cake (milkless, sugarless, eggless) to barbecues, and icecream. There are also lots of hints on making party food bright, attractive and tasty.



THE RIVER AND RIVERBANK – Steve Parker. Hardcover, 43 pp, Aust. \$5.95.

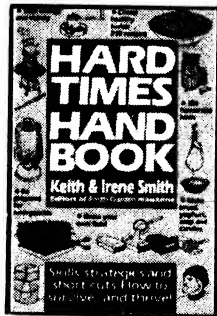
This Walkabout book was designed to help children become more aware of the environment in the river and on the riverbank. Each double page is devoted to something different, ranging from fish, to flowers, trees and other wildlife you may find along the river bed. In *The River and Riverbank* there are nature projects to do, nature diaries to keep, and clues and signs for the young nature watcher to observe. This book not only teaches children how to look at nature but it also imparts an important conservation message.



SELF-SUFFICIENCY

HARD TIMES HANDBOOK – Keith & Irene Smith. Soft cover, 233 pp, Aust. RRP \$6.95.

Hard Times Handbook contains a wealth of practical information and advice to help you do more with less. Suggestions on the types of food to buy are given, based on a sound nutritional and economic basis. There are a variety of recipes for different dishes including vegetarian meals, and everyday products such as cheese, bread, yoghurt and soaps. This book contains innovative ideas on how to make money without a job, how to set up food co-ops, and how to manage a city garden. There are also lots of recipes on how to make glue, household cleansers, wax polish and more. This book is packed with good information and it will serve as a valuable resource for many years.



To waterproof matches, coat them with candle wax melted from candle stumps, or with nail polish.

THE ESSENTIAL EARTH GARDEN – Keith and Irene Smith. Soft cover, 509 pp, Aust. RRP \$14.95.

The Essential Earth Garden is a guide to self-sufficient living in Australia. It gives practical information on growing your own food and the best ways to eat and store it; information about the bush, including birds and bushfires; how to build a house; energy alternatives; livestock management suggestions; and lots of craft ideas. Finally, this book contains an 'access directory' which is a guide to books, plans, groups, tools and techniques which will assist those living or wishing to live an alternative lifestyle.

FARMING IN A SMALL WAY – George Yabsley. Soft cover, 236 pp, Aust. RRP \$10.00.

Running a small farm entails a lot of work. There are animals to feed, fences to mend, crops to sow, and of course regulations to abide by and books to keep. *Farming in a Small Way* discusses these and a host of other relevant topics. The reading in this book serves as a good introduction for people wanting to know what is involved and what options exist on a small farm. Those people wanting to find out more information on the various subjects covered will be pleased to find that a list of suitable books follows each section.

COUNTRY WOMEN – Jeanne Tetrault and Sherry Thomas. Soft cover, 383 pp, USA. RRP \$19.95.

This book aims to help and encourage all women who choose to become 'new farmers'. There are invaluable hints on such topics as developing a water system, plumbing, splitting wood, using a 'two-woman saw', wood stoves, carpentry, fighting fires, planting, preserving food, raising animals, tanning, and many more.

✱ *So many too's:* ✱
 ✱ *too tired,* ✱
 ✱ *too much work for too long,* ✱
 ✱ *too many visitors,* ✱
 ✱ *too few intimate touchings,* ✱
 ✱ *too little money,* ✱
 ✱ *too little time.* ✱

A GUIDE TO ORGANIC LIVING IN AUSTRALIA.

A GUIDE TO ORGANIC GARDENING IN AUSTRALIA – Michael Roads. Soft cover, Aust. RRP \$4.95 each.

These are two great little books, informative and easy to read with a balanced approach to organic living. *A Guide to Organic Living* begins by examining the trend of self-sufficiency and the problems involved for those who decide to try it. The rest of the book is practical and covers the soil and earthworms, growing crops and pasture, the pros and cons of various animals and their requirements, butchering meat, tanning hides and using milk.

A Guide to Organic Gardening aims to show the average householder how to grow his or her own vegetables, fruit, trees, shrubs, flowers and lawn without chemical fertilisers or poison sprays. Chapters include improving the soil, mulch, natural fertilisers, companion plants, pest control, home-made sprays and handy hints.

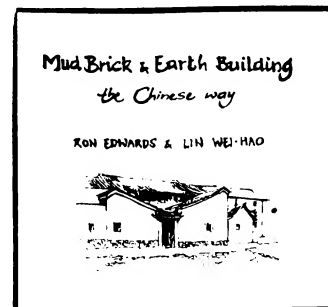
BUILDING

THE COMPLETE HANDBOOK OF SOLAR AIR HEATING SYSTEMS – Steve Kornher with Andy Zaugg. Hardcover, 350 pp, USA. RRP \$35.95.

The use of solar energy is becoming a very attractive proposition to many people for economic and conservation reasons. Many people would like to have solar systems installed but feel that the costs are prohibitive, so to build their own may be a viable alternative. This book shows you how to design and build efficient, economical systems for heating your home. *The Complete Handbook of Solar Air Heating Systems* is based on the practical experience of do-it-yourself collector builders in Colorado's San Luis Valley. The authors discuss the principles of solar heating, the air-heating options, the economics of solar, and the variety of building designs. There are numerous illustrations which will help both beginners, and more experienced people build collectors. Measurements are imperial.

BUILDING A SMALL LATHE – L.C. Mason. Soft cover, 82 pp, UK, RRP \$9.50.

This book is a detailed manual on building a small lathe suitable for most of the metal-working tasks which face the model engineer, at a considerable saving in costs. Topics include headstock, mandrel bearings, saddle, cross and top slide, pulley, screw-cutting gear and dividing attachments. There are plenty of diagrams and photos to help explain the process of building a small lathe.



MUD BRICK AND EARTH BUILDING THE CHINESE WAY – Ron Edwards and Lin Wei-Hao. Soft cover, 157 pp, Aust. RRP \$12.00.

It has been estimated that there are more than 90 million earth homes in China. A variety of techniques have been employed to build these homes and *Mud Brick and Earth Building the Chinese Way* explores these different methods. The easy-to-read text, accompanied by hundreds of sketches, discusses making mudbricks in detail and considers factors such as making and drying the bricks, testing mud mortar, scaffolding, and preparing the site. Other techniques including rammed bricks, cave homes, pit dwellings and fired bricks are explained. This informative book is based on years of research and practise and would be suitable for the beginner and more experienced earth builder.



ANIMALS

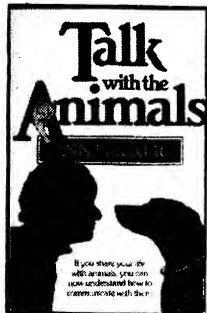
COMPLETE BOOK OF RAISING LIVESTOCK AND POULTRY – Katie Thear and Dr Alistair Fraser. Soft cover, 224 pp, Aust. RRP \$19.95.

The Complete Book of Raising Livestock and Poultry is a good guide on caring for your chickens, ducks and geese, rabbits, goats, sheep, pigs, cattle and horses. Every chapter has been written by someone with considerable expertise in looking after the animal concerned. The author of each chapter discusses the background and breeds of the particular animal, how to house and feed them, suggests what equipment is needed, and explains the practices of breeding, killing and caring for the animal's health. This book should serve as a good guide for the small-scale farmer, or for the family with a couple of pets.



TALK WITH THE ANIMALS – Ann Walker. Soft cover, 198 pp, Aust. RRP \$6.95.

If you are an animal lover then you will love this book because the author explains how you can understand and communicate with your animals. She suggests ways to communicate with animals without words and cites many examples of when her animals 'seem to know' and are aware without any verbal contact. The book goes into detail about why animals are great companions for young and old, for the sick and the disabled. Ann Walker's own affinity with animals is evident throughout the book and the various experiences she narrates make for interesting and instructive reading.



If we take as a definition of Extra-Sensory Perception in animals 'behaviour which cannot be explained by use of the five senses', then we will come across a good deal of evidence that ESP is very much an integral part of animal life. But we must be careful not to confuse instinct with true ESP.

KEEPING A COW – Jim Wilson. Soft cover, 80 pp, Aust. RRP \$7.95.

Keeping a Cow is a well-written, practical book with a no-nonsense approach. Chapters in the book include selecting a house cow, cattle behaviour, reproduction, milking and milk handling, how a milking machine works, making dairy foods at home, calf rearing, health and more. Line drawings illustrate topics as diverse as the cows' let-down reflex, circulatory system of a teat, cross section of a teat-cup, and the dentition of the cow. *Keeping a Cow* is an ideal book for those considering keeping, or have recently acquired, a small number of cows.

WILDLIFE IN THE HOME Paddock – Roland Breckwoldt. Hardcover, 348 pp, Aust. RRP \$29.95.

Wildlife in the Home Paddock is an important book which encourages wildlife conservation on rural land – not only for the sake of the plants and animals, but also for the benefit of the private landholder. As the title of this book suggests, people can be responsible for their own land and take positive action to preserve native flora and fauna, as well as reaping the economic benefits one gains from learning to live with the land as much as on it. The author, himself a farmer, looks at such aspects as tree regeneration, wildlife corridors, managing the wildlife habitat, farm dams and creeks and wildlife pest control.

TECHNOLOGY

ALTERNATIVE TECHNOLOGY AUSTRALIA – Mick Harris and Alan Hutchinson. Soft cover, 160 pp, Aust. RRP \$6.95.

This book provides practical do-it-yourself information, ideas, and inspiration on shelter, heating, electricity, and motion – including pedal power. There are simple projects on how to build a coolgardie safe or sun meter, and explanations on how to dry fruit, build a compost toilet, and how to harness wind energy. You don't need to be a professional engineer to understand and implement the alternative technology outlined in this book – all you need is some interest and lots of enthusiasm.

SMALL SCALE WIND POWER – Dermot McGuigan. Hard cover, 148 pp, UK. RRP \$5.95.

A survey of wind power for domestic electricity generation and for powering machines. Not only are established systems described but many experimental types as well, and there is much useful technical data on mills, electricity, and calculation of wind energy. An extensive section lists suppliers of equipment worldwide (mainly in Europe and North America).

SMALL SCALE WATER POWER – Dermot McGuigan. Hard cover, 112 pp, UK. RRP \$5.95.

An excellent introduction to the many ways of harnessing water power – from old water-wheels to modern turbines – for electricity generation and for driving machines. There is a good deal of theoretical and technical data, all clearly explained, and addresses of suppliers (mostly in Europe and North America).

BURNING WOOD – Dermot McGuigan. Soft cover, 91 pp, UK. RRP \$3.95.

Many of us who have readily available sources of wood, including waste wood, are asking about the best way to use this natural resource. This book gives you the lowdown on wood stoves and multi-fuel boilers, improving open hearth fireplaces, and chimneys and flues.

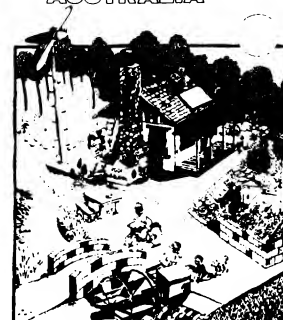
GENERAL



FIRST AID IN BASIC MATHEMATICS – Theodore H. MacDonald. Soft cover, 156 pp, Aust., RRP \$8.95.

First Aid in Basic Mathematics is a handbook designed as a resource for the parent who wants to provide individual help for their child at home, and for the teacher providing remedial instruction. In simple language the author covers principles of mathematics. The first few chapters explain addition and subtraction of whole numbers, and the following text explores fractions, decimals, percentages and geometry. The variety of exercises, including the use of cuisenaire rods or counters, help the student understand as well as implement the mathematical principles involved. This book would also be very handy for students learning through correspondence.

ALTERNATIVE TECHNOLOGY AUSTRALIA



THE PUFFIN BOOK OF HANDWRITING – Tom Gourdie. Soft cover, 96 pp, UK. RRP \$4.95.

Learning to write is something most of us are taught at school. To write well is a skill that takes practise and a skill that is dependent upon knowing the basic rules, which this book teaches in a simple step-by-step manner. It includes plenty of exercises to practise what has been taught so children learn not only how to print but they also learn to write in a cursive style. This book will prove to be a useful resource for parents and teachers and will assist children, working on their own, in acquiring a simple style of handwriting based upon traditional cursive.

HELPING YOUR CHILD THROUGH SEPARATION AND DIVORCE – Glenda Banks. Soft cover, 117 pp, Aust. RRP \$5.95.

When the new liberal divorce laws were introduced, together with the Federal Government's Family Law Act in 1975, they were seen as a breakthrough for human dignity and common sense. The increase in the number of divorces was expected, but what was not anticipated was the traumatic effect divorce would have on children. *Helping Your Child Through Separation and Divorce* addresses this problem and attempts to guide individuals through the emotional jungle they are often lost in. The resource material this book contains has been contributed by specialists in the field of law, family counselling and mental health.

A PRACTICAL GUIDE FOR ACCESS FATHERS – Glenda Banks. Soft cover, 108 pp, Aust. RRP \$5.95.

A Practical Guide for Access Fathers is a companion book to *Helping Your Child Through Separation and Divorce*. It is designed to help access parents who wish to minimise the negative effects of their separation or divorce on their children. Unfortunately children are often the meat in the sandwich and they are pulled and pushed by each parent until the child is totally confused and often left feeling guilty and unable to cope. The aim of this book is to help access parents re-establish and maintain loving and supportive relationships with their children. It is a *practical* guide which answers many questions asked by parents and children, and is supported by many varied case studies.



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The cost of producing and reprinting books is always increasing. For that reason the price of books is also on the rise. If you are ordering books from 1982 or 1983 catalogues, please be aware that prices have probably changed, and you will need to send extra money. Check with subsequent book catalogues for a price-change list or simply add \$1.00 to the cost of your book. Of course, if you do add \$1.00 to the price of the book you are ordering and it has not gone up, that \$1.00 will be sent back to you. The following books have recently gone up in price. Potpourris and Other Fragrant Delights, \$3.95; Herbs For All Seasons, \$4.95; Complete Herbal Book of the Dog, \$18.95; Recipes for a Small Planet, \$5.95; Vegetarian Adventure, \$8.50; Billings Method, \$8.95; Natural Sweets and Treats, \$11.95; Farm Alphabet Book, \$9.95; Grow Native, \$8.95; Crafting with Newspapers, \$9.95; Creativity Across the Curriculum, \$10.95; Permaculture II, \$12.00; Gourmet Kitchen Labels, \$5.95; Stretching, \$8.95; Complete Book of Taxidermy, \$17.95.

<p>No. 28</p> <p>Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home-made wind generator, portable chicken coop, yurts, make a bridle and more – super deluxe 106 page edition!!</p>	<p>No. 29</p> <p>Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits, soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12 volt electric fences, energy self-sufficiency.</p>	<p>No. 30</p> <p>Educating children, using a sickle, pigs, sheepskin boots, guinea fowl, homoeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, curing and smoking meat and fish, seed swap and more.</p>
 <p>No. 31</p> <p>Mules, hooked rugs, simple weaving, building a smokehouse, electric fencing, plait a belt, beadwork, growing garlic, chiropractic, the Welsh love spoon, a manually operated washing machine, growing mushrooms, farm holidays, tofu</p>	 <p>No. 32</p> <p>Gipsy touring, rabbit keeping, plastic water tanks, how to run a kero fridge, choosing a house cow, laying a stone floor, handspun knitting, floor polish recipes, termites for chicken feed, beach combing, patchwork, seed swap, land link.</p>	
<p>No. 33</p> <p>Life in Papua New Guinea, an alternative lifestyle in NZ, a poultry coop, recycling, home brewing, organic farming, kefir, backstrap weaving, make a possum trap, Cashmere goats, horse gear, cooking grains, fruit growing, alternative schools.</p>	<p>No. 34</p> <p>Buying a caravan, starting a craft shop, pendulum power, simple weaving, herbs in the kitchen, the year of the cow, herbal cosmetics, trees for fire protection, hay-band weaving, gourds, conserving water, tethering animals and more.</p>	<p>No. 35</p> <p>Hydro-electric power, responsible home birth, gourds, trees for soil conservation, water tanks, rush seating, donkeys, stretching muscles for heavy work, dyeing with fungi, child's tipi, playgrounds, reviving home orchards and more.</p>
<p>No. 36</p> <p>Happiness and hardship – recollections of times past, make a doona, building for ladies, peacocks, donkey training, simple construction techniques, strawberry growing, recycling bottles, more on peanut growing, herbs for common ailments and more.</p>	<p>No. 37</p> <p>City farm in Brunswick, weeds soap, sock basket, battery hens, feral animals, spinning fancy yarns, woolcraft hints, homespun socks, potatoes, do-it-yourself pest control, fuel stove hints, oil seed press, electric fencing and more.</p>	<p>No. 38</p> <p>An unusual craftsman, attracting birds to the garden, stained glass, living without electricity, growing soybeans, carnivorous plants, ducks, silk spinning, stone building, hard cheese, lengthening childrens' jumpers, build a bush shed.</p>
<p>No. 39</p> <p>Bushfire protection, making quilts, solar fruit drying, Angora goat keeping, build a bush shed, make a haystack, keeping bees, fruit and nut growing, circle gardening, diet and hyperactivity, making herbal perfumes.</p>	<p>No. 40</p> <p>Make a doona, energy-efficient houses, handmade gifts, home energy systems, Angora goats, street games, growing garlic, quilts, building in stone, poultry, bushfire precautions, horseshoe pitching.</p>	<p>No. 41</p> <p>Snakebite, rejuvenating an old cottage, seaweed, make a bush shirt, solar electricity, poultry, weld without a welder, build a gypsy van, grow and spin flax, setting up a water supply, micro-irrigation, alcohol fuel.</p>

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THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of Grass Roots which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of Grass Roots, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

The Early Years has just been reprinted.
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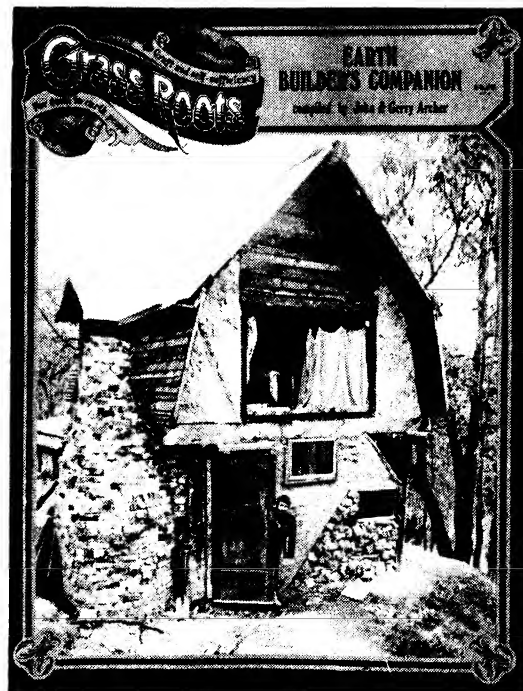
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- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls.

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Grass Roots Binders: these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.

REARING A BABY FLYING FOX

by Stephanie Stockard, Wingham, NSW.

When a small bat is seen low down in the forest all alone, it may be assumed that it will die unless rescued and cared for. When such a bat is found, it will probably be starving and dehydrated. After capture, wrap the bat loosely in a soft piece of towelling or cloth and give some drops of water sweetened with a little honey as often as it will drink. A proper feeding programme should be adopted as soon as possible.

FEEDING

The following feeding programme was obtained from Taronga Park Zoo.

1. Either Digestelac powdered milk or Bear Brand evaporated milk (both low lactose and available from chemists or supermarkets) are suitable for feeding baby bats. Follow directions on tin, making up 70 ml each time. Refrigerate after preparation.

2. Feed the bat 5 ml of the mixture every 4 hours. Slightly heat the milk by putting 5 ml into a medicine cup and placing it in a teacup with a little hot water inside, until the mixture is lukewarm. Hold bat in one hand, lightly wrapped, and milk in the other. The bat may splutter. After feeding, the bat may not want to be hung up in its box. Instead, wrap it loosely in a cloth and lay it down in the box. It will climb back up when it awakens. (See illustration.)

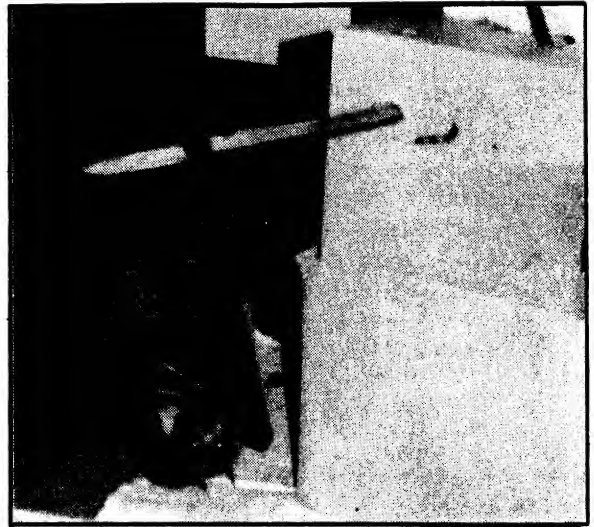
3. When bat is big enough, put milk in a little flat lid on the floor and it will drink the milk. If bat is very small it will have to be fed with an eyedropper.

4. Introduce some very ripe pieces of the following fresh fruits: bananas, apples, apricots, figs, grapes, plums, mangoes, pawpaws, cherries, strawberries, cantelope, honeydew and especially watermelon.

5. The bat will eventually wean itself from milk to a diet of fruit.

HOUSING

Obtain two large cardboard boxes for a 'house' and some strong sticks for the bat to hang from. (See illustration.) The



bat can exercise in and outside the box and climb down for food when it is old enough. Put newspaper on the floor around the box to soak up puddles. While young, bat won't try to leave the box.

According to Josephine Croser's story, *Brella — the Story of a Young Fruit Bat*, it is a good idea to hang a woollen sock stuffed with soft rags from the perch inside the box as a substitute mother.

HABITS

Bats are very gregarious. A bat will spend many hours quietly watching the family from its box. They love to be played with, talked to and cuddled.

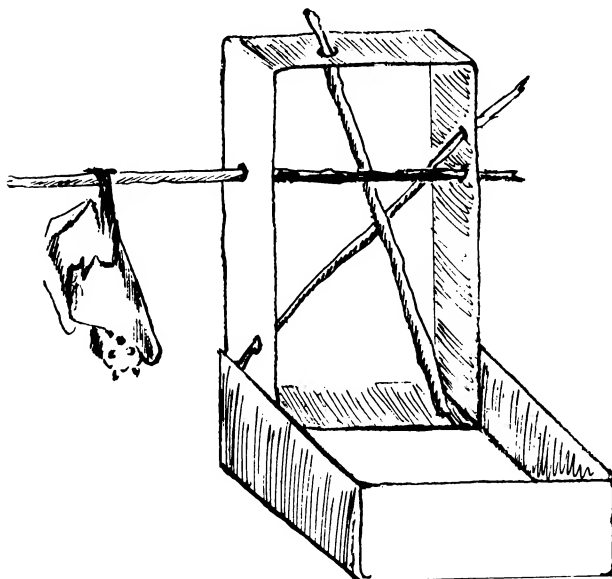
At night, after the bat's last feed, put several small dishes loaded with a variety of its favourite fruits and some water in its box and put the bat in a suitable room. Bats are very active at night and require a bountiful supply of food.

LEARNING TO FLY

When the bat begins to show some aptitude for flying, hang it outside for about half an hour at dusk from a suspended rope, or suitable branch, about two metres above the ground so that it can flap its wings. Eventually it will fly a few metres to its cloth or mother substitute, which should be hung up also. The bat will fly further and further over the weeks until confident enough to fly off for an hour or so and come back. The bat I reared flew off permanently after three trial flights, the duration of each being about one and a half hours.

MISCELLANEOUS NOTES

1. Keep bat clean by lightly sponging with cotton wool and lukewarm water. Bat loves it. Dry gently with a cloth.
2. Keep box clean by changing newspaper at bottom of box daily.
3. Change cloths the bat is wrapped in.
4. Keep cats and dogs away from bat at all times.
5. As grey-headed bats are mainly nectar feeders, introduce to bushes which honey-eating birds frequent.



6. Do not leave baby bat in the sun for a long period as it could die from dehydration, just as a human baby can.
7. Bats are quiet during the day and very active at night.
8. Baby bats do get cold. Take care with southerly changes. Put in a warmer place if the weather is cold. If you find your bat looking limp and cold one morning, wrap it in a cloth and warm it with your hands until it revives.
8. The bat should be independent by February-March.
9. Taronga Park Zoo will accept bats failing to become independent.

SCORCHED WOOLLIES

For superficial scorches only. Brush lightly with very fine sandpaper.

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BIOGAS

ANOTHER CHEAP FUEL

by Armin Hubert, Cooktown, Qld.

In the series of articles I wrote on alcohol fuel (GR 40, 41, 42) I mentioned that I would, at a later stage, discuss the manufacture of biogas as a cheap fuel to fire a still for the production of fuel-grade alcohol. This article will deal with the building of a biogas pit, and the uses of this valuable but usually wasted gas.

Biogas is highly flammable and burns very cleanly generating much heat. It is produced in a variety of temperatures, carbon monoxide, and a few other hydrocarbon compounds. Biogas has a slight odour of garlic, whereas pure methane gas is totally odourless and tasteless. This is beneficial in that it allows a leak to be detected before any harm can be done. Biogas is highly flammable and burns very clearly generating much heat. It is produced in a variety of temperatures, moisture conditions, and acidic ranges, in an airless environment, by the fermentation of organic material. Biogas is sometimes referred to as swamp gas, or marsh gas, because the rotting organic material found in swamps gives off quantities of gas. Biogas can be made synthetically, but in nature it is made from a large variety of materials; human effluent, animal manure, agricultural waste, grass, trees, and so on. These materials will produce biogas when they are disintegrated by microbes in an airless situation. This is called anaerobic digestion. The gas produced from this process can be used for heating, lighting, and cooking. It can also be used to power an internal combustion engine although this requires comprehensive equipment and knowledge.

When I wrote the articles on alcohol, I mentioned that biogas would be ideal as a cheap fuel to heat an alcohol still. Lately, however, I have been doing some work using steam as a source of energy, and I think methane gas, or biogas, would be perfect for this purpose also. In the very near future I plan to build a steam engine, which will be powered by biogas, to drive a 10 kVa generator.

When we look at the production of biogas, one wonders

why this system of energy production is not more widely used, and has not been attempted on a reasonably large scale previously, because the existence of the gas has been known for a long time.

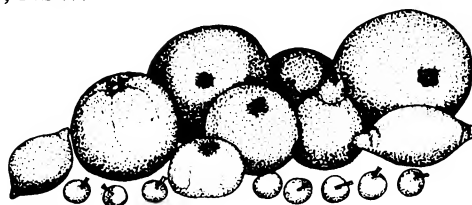
When the system of producing biogas is implemented properly there are many other benefits, the most obvious of which is the disposal of waste, i.e. human effluent and animal wastes. The development of a biogas project will effectively reduce health hazards caused by parasites such as flatworm, tapeworm, schistosome eggs, dysentery bacteria and typhoid bacteria. A typical reduction for a successful biogas pit is around 90 per cent to 99 per cent in eggs. After fermentation is completed the manure residue can be used on crops. Increases of 25 per cent on corn crops, 12 per cent on wheat, 24 per cent on cotton, and 10 per cent on rice have been recorded by using biogas slurry manure. Other obvious benefits include the cleanliness of the burning properties of biogas. If this system were to be used on a large scale in Third World countries it would mean an enormous saving on the world's dwindling timber resources.

The whole system of setting up a biogas pit is very simple, and very inexpensive. However, there is quite a bit of 'hard yakka' involved. The main criteria for the successful production of biogas is the pit, which is similar to a septic tank except that it is larger, and must be airtight. Other factors that are influential to the success of the process are the siting of the pit so all animal and human waste can be collected for fermentation, the design of the inlet and outlet in relation to the size of the pit, and the size of the pit in relation to the amount of fermentable material that is available. Other important factors are temperature, pH level, and moisture content.

This is another cheap (virtually free) source of fuel, available to anybody for a small cash outlay and a bit of hard work. I will cover the process in detail in subsequent articles.

CITRUS IN THE SUB-TROPICS

by Peter Carr, Lismore, NSW.



I read with interest the article on citrus by John Mason and thought I might add some information about citrus growing in warmer climes. My maternal ancestors were orchardists in the Kurrjong-Grose Vale district of NSW which was the first important citrus-growing area in our state. The citrus orchard on the property may not date right back to 1836 when my great-great-grandfather received a grant, but it was planted well before the turn of the century. I do not, however, claim inherited expertise, as my branch of the family have long since abandoned the orchard for suburbia, but when we moved to the north coast 23 years ago we planted a house orchard and have had some success with citrus. Here is a run down on what we have grown.

Limes. We have grown both the Tahiti and the West Indian lime quite successfully. The Tahiti has a large yellow fruit almost indistinguishable from a lemon, although the juice is not as tart. The West Indian is round with green skin and flesh — the one used by southern planters to add to rum for a refreshing drink after an exhausting slave flogging. The oil in the skin has a scent which I don't enjoy and, by and large, I prefer my rum without the lime.

Oranges. We planted Washington Navel, Jaffa, Valencia and Maltese Blood oranges. All have fruited and are still alive, but their success has not been overwhelming. I put this down to any one or all of the following reasons: too much wet in the wet; too much dry in the dry; too much neglect by us; lousy trees to start with. The Maltese Blood orange has cropped reasonably and is worth growing. As its name implies, when cut, the flesh gives the impression that you have also hacked your thumb and bled generously all over the orange. The juice looks a bit like an anaemic Bloody Mary, but is sweet and pleasant to drink.

Grapefruit. Both the Marsh's Seedless and the Wheeny (named after Wheeny Creek at Kurrjong?) do well here. So also did our two pink-fleshed varieties, the Ruby Red and the American Pink, the flesh of both of which is so sweet as to be pleasant without any addition of sugar. One of these succumbed to too much competition from three pawpaw trees planted too closely, but the other continues to bear.

Mandarin. We have an Ellindale, a Beauty of the Glen, a Thorny and an Emperor, all of which produce an acceptable amount of fruit for home needs, but I favour the Emperor and the Thorny as the juiciest.

Tangelos. A tangelo is a cross between a tangerine (mandarin) and a pommelo. The fruit looks like an outsize mandarin with dull orange-yellow skin which sticks closely to the flesh. The tangelo is far juicier than any other 'orange' so it is ideal for your breakfast glass of vitamin C. We have three Seminole tangelos which have done very well. There is another variety of tangelo currently available, the Orlando, but of its whimsies I am unacquainted as yet.

Lemons. We have a Eureka, a Lisbon, a Meyer, a Villa Franca and a variegated Lisbon. My favourite is the Meyer, with its thin layer of pith and relative sweetness, but it has the

disadvantage of not cropping all year round. The other varieties are all doing well, so any of them would serve as a back-up variety for the Meyer. The variegated Lisbon has fearsome thorns but grows large spherical most attractive green and yellow skinned fruit which contains plenty of juice.

Cumquats. This fruit is quite often grown for ornamental purposes. The fruit usually looks like a miniature mandarin, but there is also a fine-skinned variety with cigar-shaped fruit, and a variegated type with orange and green banded skin. One has to eat the skin as well as the flesh because the sweetness of the skin almost counteracts the mouth-puckering sourness and bitterness of the flesh. Cumquats are an acquired taste and an amusing trick is to offer one to an unsuspecting recipient and watch the dramatic change in facial expression which accompanies the first bite. The fruit makes a good deep-coloured marmalade, which needs added pectin to jell.

Our favourite use for cumquats is to make cumquat liqueur. We prick the skins of ½ kg (1 lb) cumquats with darning needles, put them in a jar with an appropriate amount of brandy and sugar and leave them to absorb both. In due course this results in a delightful citrus liqueur, the equal of that produced for centuries in Corfu in Greece, and brandied cumquats which go extremely well with after-dinner coffee.

Jam Varieties. We have a shaddock, which has a fruit shaped like the spherical Dutch cheese slightly flattened at both ends. The fruit can grow to about eight inches in diameter and about half of it is pith which is a splendid source of pectin. The shaddock makes a very pale, delicate marmalade capable of adding interest to any slab of bread produced by a neophyte home baker.

We also have a pommelo (*Citrus grandis*) which produces a massive round fruit up to eight inches in diameter that is absolutely full of juice. The fruit grown in the tree's native habitat, Malaysia and Indo China, has flesh ranging in colour from whitish-yellow through pink to red. The fruit from our trees and those from the ancestral orchard, are, and were, as bitter as gall. We use ours to produce a marmalade slightly darker and more tangy than shaddock; and the juice, suitably sweetened, iced, watered down, and with just a dram or two of gin added, is an excellent summer soporific if the dose is repeated regularly.

Native Citrus. There are two native citrus which grow in this area and figured in the diets of the Aborigines and the early settlers. These are *Microcitrus australasia* (finger lime), and *Microcitrus australis* (native lime or native orange). We actually had a finger lime growing until our geese demolished it and the one survivor of their depredation is now potted and awaiting transfer to a gooseless environment. The fruit from

this small, spiky rainforest shrub is cylindrical, curved, about two inches long, and is usually greenish even when ripe. It is full of little globules bursting with refreshing acid juice. Cribb and Cribb, authorities on native Australian fruit, claim that it makes a flavoursome and attractive marmalade, but I am not in a position to bear this out. These native citrus could also be valuable as a source of root-stock for grafting commercial citrus because of their resistance to local pests and diseases.

Then there is the old bush lemon — the imported variety which has gone feral and become Australianised. The tree might be a host for gall wasp and the fruit might look lumpy and misshapen but the juice is sweet and plentiful.

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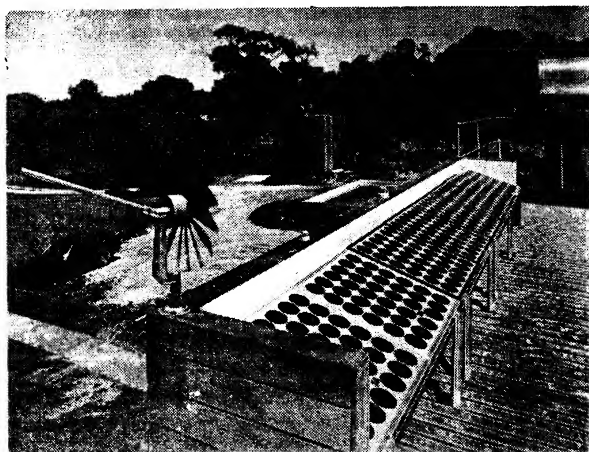
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A PERSONAL SELECTION OF CHILDREN'S STORIES

PART II

by Maureen Leslie, Yea, Victoria.

Pre-Adolescent PICTURE STORY BOOKS

Children in this age group often consider themselves too old for picture books, but there are several of these books around that are just right for them. Raymond Briggs' comic *Father Christmas* and *Fungus the Bogeyman* are much in demand. Fungus and his wife Mildew live under the earth in Bogeydom so all their values are topsy-turvy to ours, particularly with regard to cleanliness. The house must be kept dark and damp, and the sheets changed if they become too clean. The revolting horrors of Bogey life continue through about 48 enthralling pages. You'll get a good laugh out of it.

The Great Ballagundi Damper Bake (by Christabel Mattingley) occurs when Ballagundi has a wheat glut and the town decides to hold a damper-making competition, selling flour to the hordes of tourists who come to compete. (Perhaps there's an idea for family or community follow-up fun here.) Will Mahony's illustrations of all the zany characters catch the mood of the story beautifully.

Carl Larsson was a famous 19th century Swedish painter. Some of his paintings of his home and family have been collected into two charming picture books: *Our Home* and *Our Farm*.

FICTION

At this age children often like realistic or heroic stories about other children their age or older, high adventure and mystery. They enjoy more mature fantasy (try *The Nargun and the Stars*, by Patricia Wrightson, and of course Tolkien), and they develop an interest in science fiction. A good starter is the *White Mountains* trilogy by John Christopher.

Two war stories highly rated by our children are *The Silver Sword*, by Ian Serraillier, and *When Hitler Stole Pink Rabbit*, by Judith Kerr. Both are based on fact. In the first story, a family of Polish children, left homeless after their parents are imprisoned and their house blown up, find their way across Europe to relatives in Switzerland — very exciting! In the second we follow the adventures of six-year-old Anna and her Jewish family as they escape from Hitler's Germany in 1933, seeking refuge in Switzerland, then France, and finally England.

Leon Garfield specialises in spine-chilling mysteries in a historical setting. *Smith* is a homeless twelve-year-old pick-pocket in the early 19th century, who accidentally witnesses a robbery and murder. His attempts to escape the avenging villains are thrilling, while the description of his first-ever bath when he is taken in by a kindly family is hilarious.

The 1982 Australian Children's Book of the Year was *The Valley Between* by Colin Thiele. It is another collection of stories about the predominantly German settlers in South Australia in the 1920s following his earlier book *Sun on the Stubble*. Let me conclude with a short excerpt from *The Valley Between* to give you some idea of the pleasure to be had from reading aloud from this great Australian author.

Adolf and Jack were always fighting. This time it was about motor cars and horses.

'Cars are ten times faster than horses!' said Jack. 'I could be in Kapunda while you were still harnessing up.'

The veins stood out angrily on Adolf's nose. 'Und ven you to d'first little hill are coming, den you are stuck.'

Jack jeered and boasted. 'There isn't a hill in Australia I couldn't drive up.'

Adolf guffawed like an earthquake. 'Den vhyfor vos you last veek from behind pushing up d'Point Pass hill, und Isabella in front d'steering vheel vos turning?'

Jack coughed. 'That was just a little hitch. The coil broke down.'

Adolf crowed. 'Effery veek dere is a little down-break. But neffer mit a horse. Neffer mit my Prinz.'

Jack was getting angry. 'I'd take a wager against your Prince any day of the week. I'd give him twenty minutes handicap.'

'Up zome places you could not go, even. Up Yacob's Hill you could not go.'

'Up Jacob's Hill I could go twice as fast as you. I'd be having a picnic on top by the time you were halfway up.'

'Hoch!' cried Adolf, swelling bigger than ever. 'D'only nicpic you vould be haffing vould be at d'bottom of d'hill.'

POETRY

Banjo Patterson's poems are fun to read aloud. You can find them in collections, but some such as *The Man From Ironbark*, *A Bush Christening*, *Waltzing Matilda* and *The Man from Snowy River* have been issued as picture books, with illustrations by some of Australia's most talented artists.

Conclusion

If you live in an isolated area, and are unable to buy good children's books locally, you'll find that most big city booksellers have quite good children's sections, and will accept mail orders. Two companies which specialise in children's books are The Little Bookroom, 185 Elizabeth Street, Melbourne (ph: 03-671-612), and Oldmeadow, 105 McEwan Road, Heidelberg West (ph: 03-459-5377). Oldmeadow also have branches at Seaford and Riddell, where they also have a children's literature museum, with original manuscripts and artwork of many Australian children's books. If you can't afford to buy as many books as you would wish, and there's no library near you, the Victorian State Library has a mail lending service. You can check to see if other states provide a similar service.

I have been able to mention only a very few of the marvellous children's books that have given me and my children great delight. If you look carefully in the children's section of your local library you're sure to discover lots more. I do not expect that my selection of books will suit everyone's tastes, but I hope that you'll find among them some stories that will give you and your children as much pleasure as they have given us.

GOING SOLAR GENERAL STORE

For the past few years the General Store column has been provided as a service to readers. To expedite the despatch of goods, from now on cheques should be made payable to and sent to Going Solar in Melbourne. Orders should be clearly marked Going Solar General Store.

If you wish to grind your own grains, we can provide the equipment. Firstly, decide what you wish to grind. Stone mills are used for dry grains such as wheat, and the stones will grind the grain to a fine flour. Burr mills are used for oily nuts and seeds such as peanuts (peanut butter) or wet grains (boiled soya beans). The material you wish to grind, the amount of use you intend to give the mill, and financial considerations will determine the most suitable grinder for you to purchase.

Electric mills are expensive (\$400-\$600) so the range listed below are hand mills, but if you can provide a motor, one of the mills can be motorised.

Little Ark Hand Mill. The Little Ark Hand Mill has two main advantages. It can be motorised (for which instructions are included with the mill) and the stone grinders can be interchanged with burr grinders. The stones are replaceable, but should not wear. We can also provide the pulley set, pulley belt, and a flour deflector.

Corona Stone Hand Mill. Another mill with interchangeable stones and burrs. Not quite the same quality as the Little Ark, but you wouldn't expect problems, and the burr kit is slightly cheaper on this model. It should not be motorised.

Hand Burr Mill. A reasonable-quality mill with metal burr plates, which are suitable for nuts, oily or wet seeds, and medium to coarse flour. Should not be motorised.

Baker's Maid. Using the same kind of stone as the Little Ark, this is an attachment to the Kenwood Chef. As with all attachments, care should be taken that the Kenwood motor is not strained.

Samap Hand Mill. The Samap is the best-quality mill, but is only for dry grains and must not be motorised. An attractive mill, its ease of operation is determined by an adjustable knob — the further the knob is screwed, the easier the mill is to turn, but your production rate is reduced.

Performance of all grinders would be 30-80 g per minute, depending on the type and dryness of the grain, the setting of the mill and your energy.

Books. The best books on the subject are *Growing Wheat and Making Bread on a Small Scale* and *Cookbook of Breads*.

Bread-Making Equipment. We can also supply quality professional bread-baking tins with blackened sides; and active dry yeast for baking.

Hand Juicer. Nothing to do with bread or grains, but we do have a good hand juicer suitable for fruits and vegetables. Don't expect the same performance from a hand juicer that you would from an electric one.

Please list the goods you require, calculate the weight of your order from the table above and work out the postage and packing from the table below. Send your order to Going Solar, 320 Victoria Street, North Melbourne 3051. Please print carefully and include your telephone number.

PRICES. We are expecting a 20% import surcharge so all prices are due to rise. We will however honour the prices listed below on orders received up until 20 July 84. After that date please contact us for the current prices.

Little Ark Hand Mill	\$82.95	2750 g
Little Ark Burr Attachment	\$45.95	900 g
Pulley Set	\$22.95	1750 g
Pulley Belt	\$3.95	250 g
Flour Deflector	\$5.95	100 g
Corona Stone Hand Mill	\$79.95	4650 g
Corona Burr Attachment	\$11.95	1200 g
Hand Burr Mill	\$29.95	4250 g
Baker's Maid	\$59.95	2500 g
Samap Hand Mill	\$195.00	9000 g
Bread-baking Tins	\$5.95	750 g
Saf Instant Yeast	\$2.95	500 g
Hand Juicer	\$34.95	3250 g
<i>Growing Wheat & Making Bread</i>	\$6.95	200 g
<i>Cookbook of Breads</i>	\$4.95	350 g

	VIC/TAS	NSW/SA	QLD	NT/WA
1-400 g	\$2.90	\$2.90	\$2.90	\$2.90
401-1750 g	\$3.90	\$4.90	\$5.90	\$6.90
1751-4500 g	\$3.90	\$5.90	\$6.90	\$8.90
4501-9500 g	\$4.90	\$6.90	\$7.90	\$11.90
9501-19,500 g	\$5.90	\$9.90	\$15.90	\$18.90

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HOW TO MAKE BUTTER from GOAT MILK

by The Goat Lady, *Mother Earth News*.

Butter made from goat milk is every bit as good as the same spread made from cow milk. 'As good as', please note — not 'just like'.

For one thing, goat butter has a lower melting point than cow butter, possibly because the milk from which it comes contains a higher proportion of unsaturated fatty acids. It's also pure white (unless a butter colour is added before churning). The reason is that Nanny — a more efficient machine than a cow — has already converted all the carotene in her product to vitamin A.

Another difference: it's a little more difficult to obtain cream from goat milk because the buttermilk globules are very small — partially homogenised, you might say. Thus the rich layer rises more slowly than the larger fat particles in cow milk. In fact, the process may take several days (and you'll have a storage problem to cope with meanwhile).

This problem, of course, can be solved with a cream separator right after milking, while the liquid is still warm. The catch is that it's not easy to find such a device these days except as a lucky find, secondhand, in some out-of-the-way place.

Apart from cream, here's what you need to make goat butter: a dairy thermometer or other instrument with a range of 10°–65°C (50°–150°F), a small glass churn, either hand or electric, butter colour if desired, and a double boiler (or a pan of convenient size set into a larger pot of water).

Prepare for buttermaking by letting your cream stand at room temperature for about 12 hours, or overnight, so that the butterfat globules will ripen. Add a few drops of colouring at this point if you want the finished product to be yellow.

Next, heat the cream in the double boiler to 63°C (146°F), give or take a degree or two. Use a thermometer — don't guess. As soon as you obtain the correct reading, set the top pan in cold water and cool the contents to 11°–15°C (52°–60°F) in summer (14°–18°C or 58°–66°F in winter).

The liquid can then be poured into the churn (fill it only half full) and agitation started. If your temperature is correct, butter should 'come' in 30 to 40 minutes. Cream that is too cold will take longer to make up and will give you a hard spread which is difficult to work. If the fluid is too warm, the churning will be incomplete and will yield a soft, greasy product from which you won't be able to wash the buttermilk.

Your work is finished when the butterfat has gathered up in granules the size of a pea. (You'll also notice a change in the sound of the dasher.) Pour off the buttermilk through the holes in the top of the churn (they also allow gases to escape). Be sure to save the liquid!

Next, fill the churn with water of the same temperature as

the new-made butter. (Too much warmth will melt the fat, and a cold bath will harden it and make it difficult to knead.) Give the handle a few gentle turns and pour off the washing fluid. Repeat this operation two or three times until the rinse water runs clear.

Finally, spread the butter in a shallow pan or wooden bowl and add salt if you like — 40g per kg (¾ oz per lb), or as much as tastes good to you. Work the mass by pressing it with a spoon or plastic spatula. Fold the butter over and press again. Continue in this manner until no more water seeps out under pressure. You're then ready to form your spread into any desired shape. I mould mine in covered pint-sized plastic containers (similar to ice-cream containers).

Remember that your homemade goat butter contains no preservatives and must be kept in the refrigerator when you aren't using it. If left out at room temperature it will melt or become rancid.

Nevertheless, don't hesitate to make lots of this delicious natural food when you have a surplus of milk. I've kept butter frozen for six months or more, and when I thawed and used the spread it was just like fresh-made. I suggest packing and freezing your churn's output in plastic tubs and transferring it, still frozen, to freezer bags. The resulting square packages are easy to stack in the cold-storage unit.

If the buttermaking method I've outlined sounds like too much work or involves too much equipment, there are alternatives — usually less satisfactory, it's true, but experimentation is part of the fun of 'doing it yourself'. For example, butter can be made in a mixer, or a pint of cream can be shaken in a quart fruit jar until the fat solidifies. My recommendations about churning temperature also hold true for these procedures. Incidentally, it is possible to churn whole milk, but you must use a large amount of raw material for a very small return.

That's about it. Experiment, have fun, and enjoy your own delicious, nutritious, natural goat butter.

TIPS ON HANDLING MILK

1. Milk itself, and all the utensils you use in its storage and processing, must be absolutely clean. Remember that this 'perfect food' is ideal nourishment for bacteria too.

2. Never cover warm goat milk when you put it in the refrigerator, because the resulting condensation can affect the taste. Place a lid on the container only after its contents are cold. It follows that you must cover all strong-smelling fruits and vegetables — onions, cantaloupes etc. — that are being stored at the same time or the milk may pick up the odours and develop an 'off' flavour.

3. Skimmed goat milk is very tasty and contains all the original nutrients except most of the butterfat. If you eat the butter and drink the buttermilk that's left after churning, you'll be getting all the goodness your milch doe has to offer. (If you don't like buttermilk, incidentally, your chickens will.)

This article appeared originally in the US magazine *Mother Earth News*, No. 33, and is reprinted by permission. It was brought to our attention by Beris de Vanharasz of Beecroft, NSW.

Poetry

DREAMS

*I know a lady
who spins rainbows
from the sky
and weaves them into dreams,
then quickly packs them into boxes
away from hurtful eyes
and prying voices.
Then in the quiet of the night
when no eyes watch
she pulls them out
to live.*

Debi Gardiner.

*The dark sky
Grew light.
The sun came up
And shone
On the silken web.
Tiny dewdrops hung there
Sparkling like bright jewels
Caught in a fairy net.*

*A sparrow sang
A song
To greet
The new day.*

Jo Nehls.

SAND SYRINGE

*Mountains,
and the storm gathers.
I have weathered all winds,
but not this.
Icy blades of love turned away;
crystal tears of the dying.*

Bruce Axtens.

WINTER

*The world lies quietly dormant
Beneath the winter's snow,
Buried 'neath an avalanche of white.
Frozen flakes that glitter
In the eerie shadows
Fly like feathers in an icy gale.*

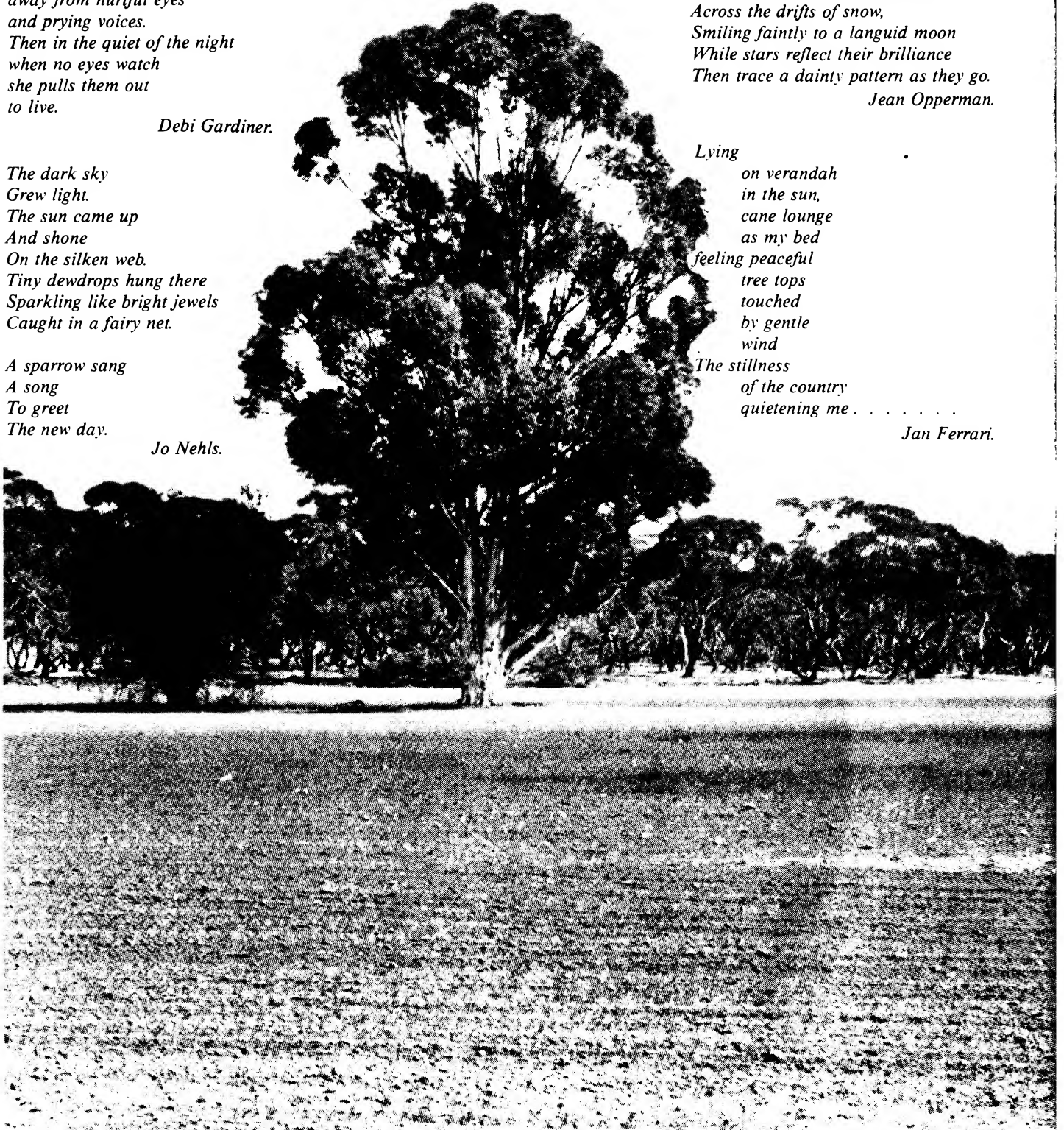
*Ice maidens dance by moonlight
Across the drifts of snow,
Smiling faintly to a languid moon
While stars reflect their brilliance
Then trace a dainty pattern as they go.*
Jean Opperman.

Lying

*on verandah
in the sun,
cane lounge
as my bed
feeling peaceful
tree tops
touched
by gentle
wind*

*The stillness
of the country
quietening me*

Jan Ferrari.



DAWN

*The first light of dawn
Is like magic in the sky.
Breath, life and light,
Birth of a new day.*

*Golden rays of sun,
Born on distant horizon,
Stretch across the land,
Awakening all in its way.*

*The beautiful still peace,
The soft pink hues.
Gentle swirls of silvery mist,
Melt, evaporate, give way.*

*Birds sing, roosters crow,
Dogs bark, cattle low.
The magic of dawn
Is broken . . . till tomorrow.*

Linda Craig.

EARTHEN JAR

*I admired the earthen jar
shaped by hands;
artistic, busy, vital hands.
A solid jar
tinged with gold
splashed with black earth
and bubbles of blue dew.*

*I love the earthen jar
bestowed upon me,
moulded by your mind;
creative, searching, reaching mind,
a fortunate mind
that finds solace
in the constant earth.*

*I sit my earthen jar
among special friends,
favourite, homely, peaceful friends,
my poetry, sunny potted plants
living growing friends
that also know
the rich goodness of the earth.*

Karin Anderson.

RECORD WET

*Rain-soaked
Where the oak's brown leaves
Have tumbled from
Winter's early fury
Lie moulding on the earth
In deep and sodden piles.*

*Wind-swept
The virginal lace, too beautiful,
Too early,
Of fresh-born weeping willows
Sparkling in a dreary
Winter sky.*

*Storm-tossed
The tumbling rumbling waters
Last season's gentle trickles
Now come of age
Roar threatening, foaming
Through their tiny canyons
Of rage.*

*Winter howls.
The great dumb gums moan
And strain beneath the
Savage icy wind.
Aloft, a struggling crow
Startling in his vividness
A tattered rag of black
Fights to fly
on tired wings.*

*Bring spring!
The sun-starved
Earth does cry!*

Wendy Baker.



KIDS PAGES

Dear Grass Roots,

Hi! My name is Yvette Myhill and I'm nearly four years old (Mummy is 'helping' me write this). We live on a farm and I have a baby brother, Ross, who's one year old. We have a cat, sheep dogs, 11 new budgies, a pony, cows and calves, hens and a rooster, and a big white turkey. I go to playgroup and love painting and making things. I love to help Mummy when she cooks and always help do the chores with the animals each day. I have a special friend, Sarah, who is moving to a new house soon so we have been helping her move her things. Bye for now.

**Yvette Myhill
Futter Park
HARDEN 2587.**

Dear Grass Roots

I am five years old. We have a fire to keep us warm in winter. Our chickens like grain but they like tender green shoots best, especially from our pot plants. We grow fruit trees in our back yard, although it is small. I like catching 'fish' in the sink. We float corks in the water and I use sieves, tongs, and ladles to catch them and then I put them in a colander. I ride my bike very fast. It is a mini BMX. I would like to hear from other *Grass Roots* children about their pets.

**David Colgan
34 Croydon Rd
SURREY HILLS 3127.**

Dear GR,

Thank you for putting my letter in your magazine. I now have many penfriends writing to me. Even one from overseas! I really enjoy reading your magazine. Especially the Poetry and Kids' Pages. I write a lot of poetry myself and have quite a collection in an old manila folder. I thought it would be nice if you could publish one of my poems.

**Skye Laurent
C/- 4 Dirk Hartog Pl
HOLLYWELL 4216.**

RIDDLES

Who always goes to sleep with his shoes on?

A horse.

What sort of pie has feathers and can fly?

A magpie.

Why does a rabbit have a shiny nose?

Because its powder puff is at the other end.

WHAT SAY YOU TO UNLUCKY FRIED CHICKEN

*With nothing to eat all afternoon
And a stomach as empty as a deflated balloon,
You finally resort to unlucky fried chicken
And the General's good old finger lickin'.*

*You wonder what they put in this stuff.
Is it really chicken, or some chemical guff?
And what about these soggy chips,
They're soaked in brine to the very tips.*

*This corn on the cob is the very last straw
You throw it down and run through the door,
You walk to Harry's Snack Shop and buy
A good ol' Aussie meat pie!*

Skye Laurent.



COOK'S CORNER

GOOD HEALTH LEMONADE

- 2 large lemons
- 3 tbsp honey
- ½ litre boiling water
- 6 ice cubes

Slice the lemons, and add the honey and boiling water. Stir, and press down on the lemon slices with a spoon several times to squeeze out all the juice. Stand for 1 hour, strain into a jug, and add the ice. This is very soothing for coughs and sore throats, without the ice. From *Peter Rabbit's Cook Book*.

Sarah Colgan, Surrey Hills.

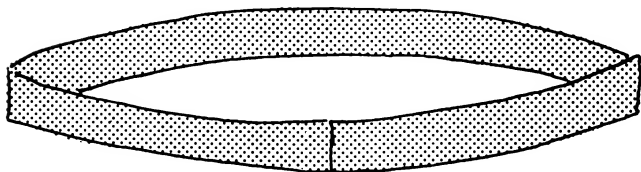


This lovely photo comes from Wattleup in Western Australia and shows Arnold Jenkins milking 'mum' while 'junior' tries to catch Arnold's attention.

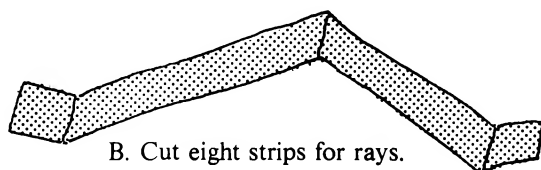
SUN MOBILE

from the Myhill family, Harden, NSW

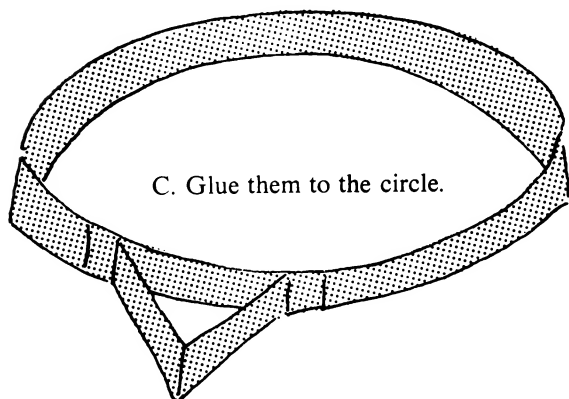
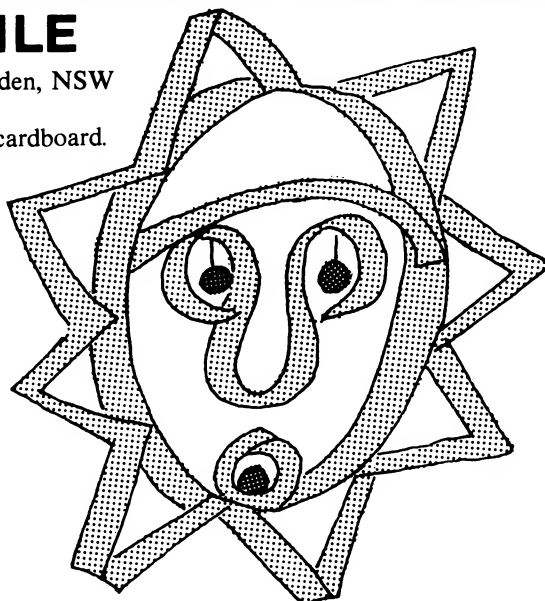
Make from thin strips of cardboard.



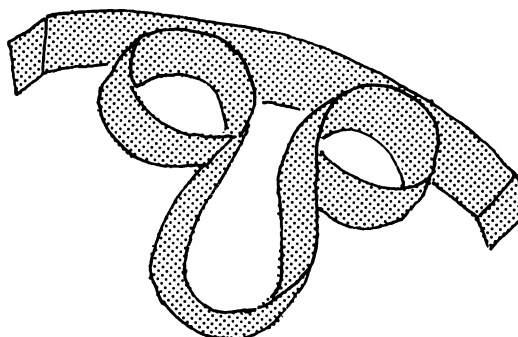
A. Cut a strip 46 cm long for the big circle. Curl into a circle and glue.



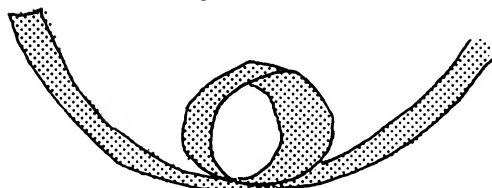
B. Cut eight strips for rays.



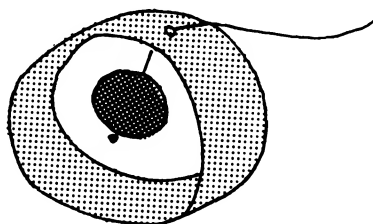
C. Glue them to the circle.



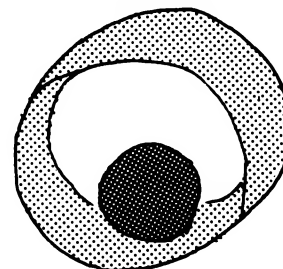
D. Shape a strip as above and glue to D.



E. Make a circular shape for the mouth and glue as above.



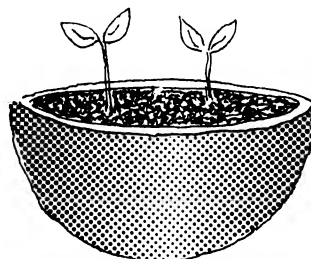
F. Fix beads on string for eyes.



Glue large bead for mouth.

MAKE YOUR OWN CITRUS SKIN JIFFY POT

Instead of throwing out all the empty grapefruit or orange halves, why not save a few and grow seeds in them. All you'll have to do is scrape the remaining pulp out with a spoon, fill the halves with compost or good soil, plant your seed, water it, and place on a sunny windowsill. Keep your seedlings there until they are a few centimetres high; then plant out, citrus half and all, in your garden. The skins will decompose and all lots of goodness to the soil.



While the Billy Boils.....

'In your kitchen let the memory of tastes and the smells of the raw materials suggest combinations. . . . all cooking is an experiment — not photocopying. Can we be free enough to let 'mistakes' happen? It shows that the process is alive, there is interest in how the work is being done as well as in the eating.'

Harvest Cookbook — Mark Pearson.

CHICK PEA RISsoles

- 500 g (1 lb) chick peas
- 1 tsp caraway or cumin
- 2 tsp paprika
- 1 small onion
- 1 garlic clove
- 1 small bunch of green herbs
- 1 tbsp tamari
- 1 egg
- 2 tbsp tahini
- cornmeal, soyflour, breadcrumbs or wheatgerm
- oil or butter for frying

Boil ½ kg of chick peas until tender. Put through grinder or mash well. Add caraway or cumin, paprika powder, finely cut garlic, onion, your favourite green herb (mine is coriander), and the tamari or soy sauce. Mix well. Now add one egg and the tahini and mix in thoroughly. Add some flour if needed until the mixture can be kneaded into smooth round balls of solid consistency. Slightly flatten balls and roll in breadcrumbs or wheatgerm. Fry slowly over low heat until golden brown. Delicious with mixed salad and rice.

Lolo Houbein, Bridgewater.

LENTIL CURRY

- 500 g (1 lb) red split lentils
- 1 tsp each of ground coriander, tumeric, and cumin
- 1 tsp sea salt
- 2 large onions, chopped
- 1 capsicum, chopped
- 4 potatoes, washed and diced
- 6 tomatoes, peeled and chopped
- 2 tbsp butter
- 1 level tbsp curry powder
- 1 clove garlic, crushed
- 1 piece ginger, finely chopped

Put one litre of water into a large pot, add the coriander, tumeric, cumin, and salt, and bring to the boil. Stir in lentils and simmer for five minutes. Then add the diced potato and cook until the lentils are mushy, stirring occasionally to ensure the mixture doesn't stick to the bottom of the pan. Meanwhile heat butter in a heavy-based pan, over fairly hot flame, and fry the onions, ginger, and capsicum until the onion has browned. Lower the heat and stir in the curry powder, garlic, and a couple of minutes later, the tomatoes. Then after a few minutes add the lentil and potato mixture. Taste, season and simmer for 10 minutes, stirring occasionally. Serve on bed of brown rice and accompany with natural yoghurt and a fruit chutney.

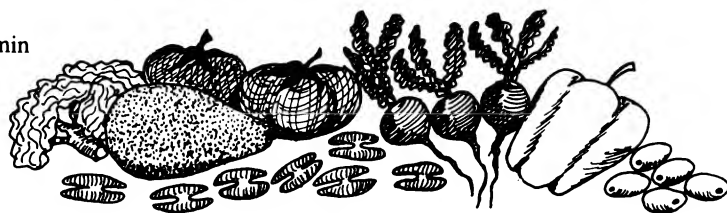
Rachel Johnson, Esperance.

AVOCADO SALAD

- 1 lettuce
- 3 radishes, sliced
- 2 large tomatoes, chopped
- ½ capsicum, chopped
- 1 stick celery, chopped
- a few cauliflower flowerettes, chopped
- 1 avocado, cubed
- ½ cup olives, pitted and chopped
- ½ cup pecans
- ½ cup grated cheese
- dressing
- 1 tbsp lemon juice
- 1 tbsp cider vinegar
- 3 tbsp oil
- 1 clove garlic, crushed
- ½ tsp paprika
- sea salt
- 3 tbsp chives, finely chopped

Tear the lettuce into small pieces, and combine with other vegetables. Mix in the olives, pecans and cheese. Place all the ingredients for the dressing in a jar, put the lid on and shake until thoroughly mixed. Just before serving add the avocado. Then toss the salad well with the dressing.

Alex, Gheerulla.



BARLEY SOUP

- ¼ cup barley
- 6 cups vegetable stock
- 2 carrots, sliced
- 1 onion, chopped
- 3 sticks celery, chopped
- 3 tomatoes, peeled and chopped
- 250 g (8 oz) shelled peas
- sea salt
- ½ cup chopped parsley

Wash barley and place in large pot with the vegetable stock. Cover and simmer for about 30 minutes, or until the barley is tender. Add the vegetables and cook covered for about 30 minutes, or until the vegetables are cooked. Season with sea salt and stir in parsley just before serving.

Rex Stanton, Penrith.

WALNUT BREAD

- 300 g (10 oz) wholemeal S/R flour
- ½ tsp salt
- 200 g (7 oz) raw sugar
- 150 g (5 oz) chopped walnuts or macadamias
- 2 beaten eggs
- 200 ml (7 fl oz) milk
- 50 g (1½ oz) melted butter

Mix flour, salt and sugar together, add walnuts, eggs, milk and butter. Mix well and let stand for 20 minutes. Cook in tin lined with greaseproof paper for 70 minutes at 170°C (350°F). It's delicious on its own or served with butter or icecream.

Ruth Adams.

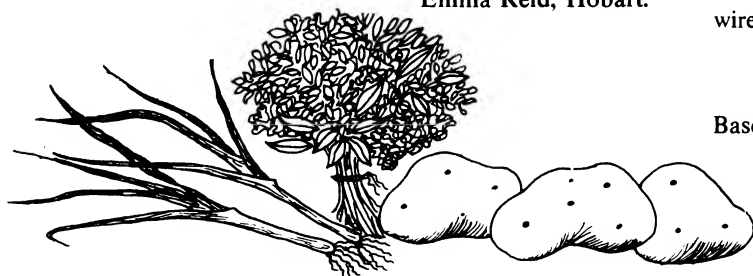
POTATO PANCAKES

- 3 large potatoes
- 2 spring onions or 1 small onion
- ½ cup chopped fresh herbs
- 2 large eggs
- 2 tbsp wholemeal flour
- salt
- freshly ground black pepper
- oil for frying

Peel the potatoes, grate coarsely, and squeeze out any excess moisture. Chop the spring onions finely and put with the grated potato in a large bowl. Add the herbs, eggs, flour and then season.

In a large frying pan heat a small amount of oil and fry large spoonfuls of the mixture until golden on either side, turning once. Delicious served with apple sauce and a fresh salad.

Emma Reid, Hobart.



CORN BREAD

- ⅔ cup safflower oil
- 2 eggs, lightly beaten
- ½ cup sour cream
- 1½ cups corn kernels, mashed
- 1 medium onion, grated
- ½ cup yellow cornmeal
- 2 tsp baking powder
- 1 tsp salt
- 1 cup grated tasty cheese

Preheat oven to 175°C (347°F). Oil a round heavy 22 cm (8½ in) pan. Combine oil, eggs, sour cream, corn and onion. Put dry ingredients in another bowl then add the liquid mixture quickly, leaving a few lumps. Pour half the batter into the oiled pan and spread half the cheese on top. Pour on the remaining batter carefully and top with the rest of the cheese. Bake for 45 minutes, then let stand for 10 minutes. Serve directly from the pan and discard any leftovers.

Merri Lewis, Emerald.

IMPOSSIBLE PIE

- 4 eggs
- ½ cup butter
- ½ cup plain flour
- 2 cups milk
- 1 cup brown sugar
- 1 cup coconut
- ½ tsp vanilla essence

Blend all ingredients, then pour mixture into a 25 cm (10 in) greased pie plate. Bake at 170°C (350°F) for one hour or until the centre is firm. The flour settles to form the crust, the coconut forms a topping and the centre is an egg custard filling. Delicious and so simple to make.

Maree Myhill, Harden.

WHOLEMEAL PUMPKIN FRUIT CAKE

- 125 g (4 oz) butter
- ¾ cup brown sugar, firmly packed
- 2 eggs
- 1 cup cold mashed pumpkin
- 2 tbs golden syrup or honey
- 1 cup wholemeal S/R flour
- ¾ cup white S/R flour
- 250 g (8 oz) mixed fruit

Cream butter and sugar until light and fluffy – add eggs one at a time, beating well after each addition. Stir in pumpkin and golden syrup or honey, then the mixed fruit. Stir in the sifted flours, add the husks from the sifter to the mixture and beat lightly until smooth. Spread into a well-greased deep 20 cm (8 in) round or square tin; bake in a moderately slow oven for approx. 1¼ hours or until cooked. Stand 5 minutes before turning on to wire rack to cool.

Julie Beale.

RAISIN AND DATE PIE

Base

- 1 cup wholemeal flour
- 1 cup rolled oats
- ½ cup coconut
- 125 g (4 oz) butter
- 1 tbsp honey
- 2-3 tbsp water to bind

Melt the butter and honey together then mix with the other ingredients. Press into a round buttered pie dish and bake in a moderate oven for 10-15 minutes, or until golden. Cool.

Filling

- 1 cup raisins
- 1 cup dates
- 1½ cups water
- 4 tbsp butter
- 4 tbsp flour
- 2 tbsp arrowroot
- 1½ cups milk

Heat raisins and dates with the water until they are soft and the water is absorbed. Set aside. Heat butter and flour and add milk gradually to make a white sauce. Stir in arrowroot to thicken the mixture, and then combine it with the raisins and dates and pour into the pie crust. Serve cold topped with cream and a sprinkling of cinnamon if desired.

Julie, Coolum.

DONKEY TRAINING

by Marion Jelley, Steels Creek and Graham Martin, Wandin North, Victoria.

This article concludes our series on Donkey Training. Part I of the article appeared in GR 36, p. 33, Part II in GR 37, p. 36, and Part III in GR 42, p. 69.

When your donkey is going well in long reins and pulling things around the farm for you, perhaps you might start thinking how nice it would be to go out for a drive or a picnic in a cart.

The choice of a vehicle is too varied and specialised to deal with in detail here, but if you contact Graham Martin of Sentosa Donkey Stud, Victoria Road, Wandin North, Victoria, he will be pleased to help with personal advice. Graham has built and driven a variety of carts for a range of purposes.

Introducing the vehicle

Tie your donkey up securely and wheel the vehicle up to him so he has a clear view. Put it down near him and let him have a good look and sniff at it. Then wheel it around the donkey, slowly drawing closer. Continue with this until he is completely used to the presence and noise of the vehicle, and doesn't start or react to it in any way. This may take two minutes, or two hours, but usually the former.

Harnessing the donkey

It is possible to make your own harness, especially if you have a set to copy from. It can be made from leather, but I think you really need some knowledge of working with leather or a very comprehensive book before you attempt this. A perfectly serviceable set of harness can be made from heavy nylon or cotton webbing and saddle felt, available at some large disposal stores. Some parts of the harness, such as the tug-straps, the crupper itself and the breeching straps, are better if made from leather. If you are buying leather harness, it is advisable to buy good second-hand gear rather than cheap new harness. Some of the imported Asian harness is made from split leather which stretches with use and will ultimately break. If you know of someone who has been driving a horse

or donkey for some time, it would be a good idea to talk to them and ask for advice and guidance.

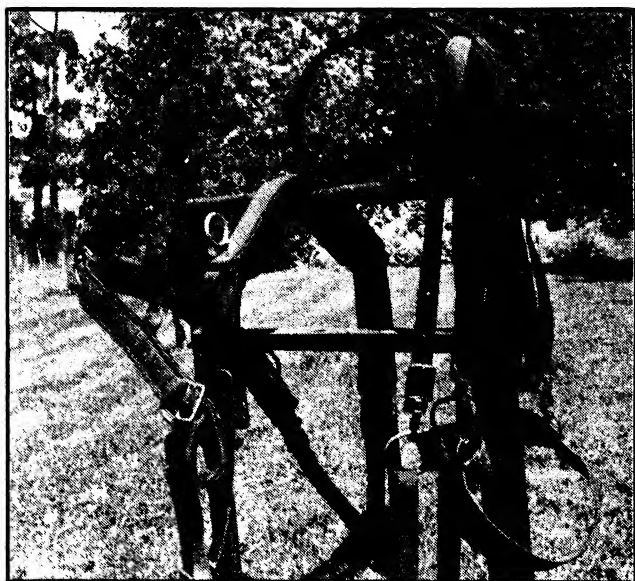
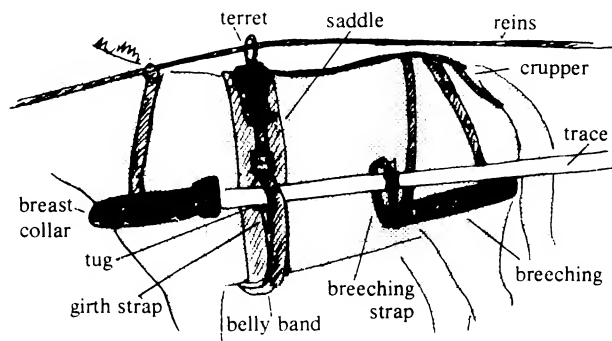
The fitting of the harness is of the utmost importance. The **breast collar** must not be so high as to press on the throat and interfere with the donkey's breathing. Neither must it be so low as to interfere with the action of the shoulders.

The **girth strap** should not be too far forward under the 'armpits' of the donkey, as this can cause severe and painful rubbing. The donkey's anatomy makes placing the girth strap far enough back rather difficult, and chafing often occurs. A mixture of equal parts of brown vinegar and methylated spirits rubbed on the chafed areas before and after work helps prevent 'girth gall'. Padding the girth strap with lambs wool is another effective way of reducing chafing.

The **crupper strap** should be adjusted to a tension that allows you to fit your hand on its side between the strap and the donkey's back.

The **breeching** should not be so high that it rides up under the tail, or so low as to interfere with the action of the back legs.

The **tugs** should be adjusted to a position where the traces and shafts are parallel.



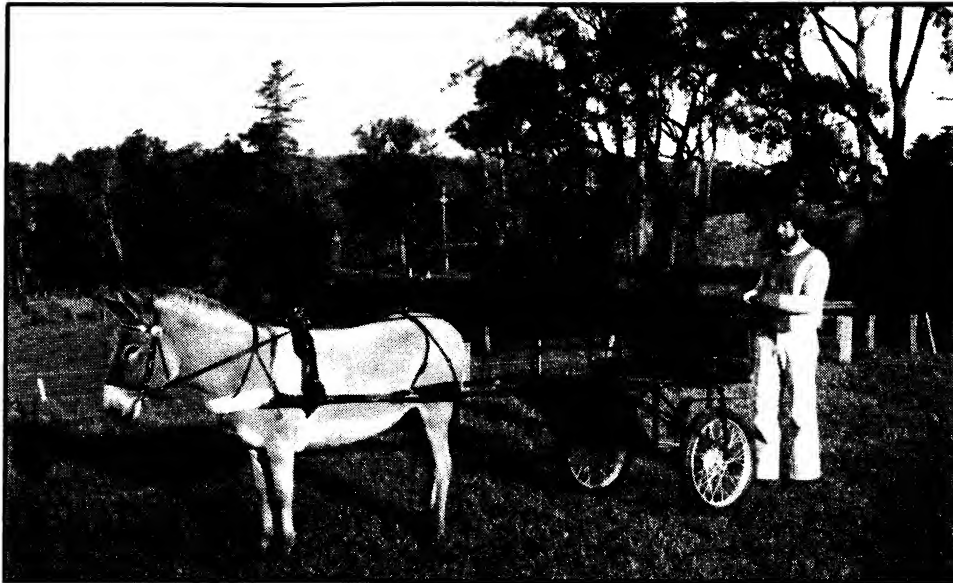
This leather driving harness could be used as a pattern to make a serviceable set from heavy nylon or cotton webbing and saddle felt.

Winkers (blinkers) are optional when driving a donkey. They are often used when driving a horse to restrict its field of vision. Donkeys like to see what's going on all around and don't as a rule 'spook' at things on the side of the road as horses do. A tongue in cheek reason I heard in favour of using winkers on donkeys is that without them, they can see how many people are getting into the cart and if they think there are too many, they won't move!

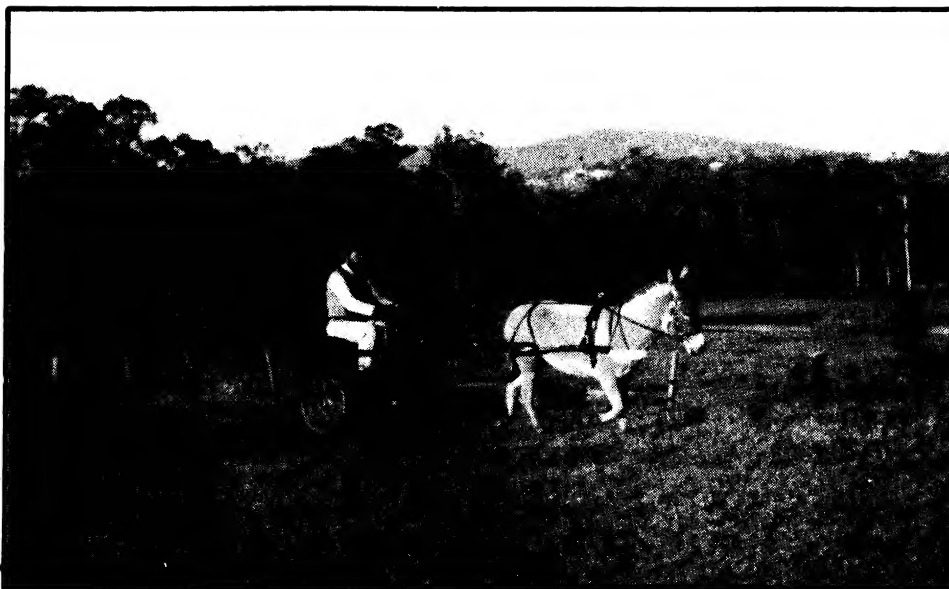
Having put the harness on, and remembering that your donkey probably hasn't had a girth or crupper on before, don't do the girth up too tight at first. Make the final adjustment after the cart is attached. Putting the crupper under the tail for the first time can be a little surprising to the donkey, but if you are firm and quick, lifting the tail and slipping the crupper under, he will soon accept it. Long-rein the donkey around for a while with the harness on so that he becomes used to the feel of the breeching around his back legs.

Attaching the vehicle

When your donkey is totally calm and relaxed in harness, tie him up prior to putting on the cart. If possible have another person to assist you with the next stage because quite often the donkey will swing around sideways just as you are bringing the cart up, and another pair of hands is most helpful. Take the vehicle around behind the donkey, and, lifting the shafts above the level of his back, wheel the cart forward and put the shafts through the tugs. Run the traces down and attach them to the swingle bar of the cart. Adjust the length of the traces so that the tug straps hang straight down the saddle. Do up the breeching straps, leaving enough slack so you can fit your hand sideways between the breeching and the donkey's legs. Now do up the belly band or wrap-straps, leaving enough clearance for slight movement when the shafts go up and down as you travel along. Lastly, run the reins through the terrets and attach to the bit.



Long reining from beside an empty cart accustoms the donkey to the noise and pull of the moving vehicle.



It is unwise to trot the donkey with an empty cart because the clatter and bounce of the vehicle will alarm the animal.

Moving

Next have your assistant lead the donkey with a lead rope attached to a head stall put on over the bridle, while you long rein from beside the cart. Through experience, we have found it is not a good idea to long rein at a trot with an empty cart, as the cart tends to bounce around and can startle even the calmest donkey.

Long rein for one or two sessions then, when you are sure your donkey has accepted the sight and sound of the cart following him, jump in the cart as you are moving along, preferably with your assistant still leading. When you are confident, drive without your assistant leading.

Donkeys are often reluctant to trot, so wait until you are going down a gentle slope and then ask him to 'trot-on'. Don't be in a hurry to go too far too fast. Give your donkey time to gain confidence and muscle.

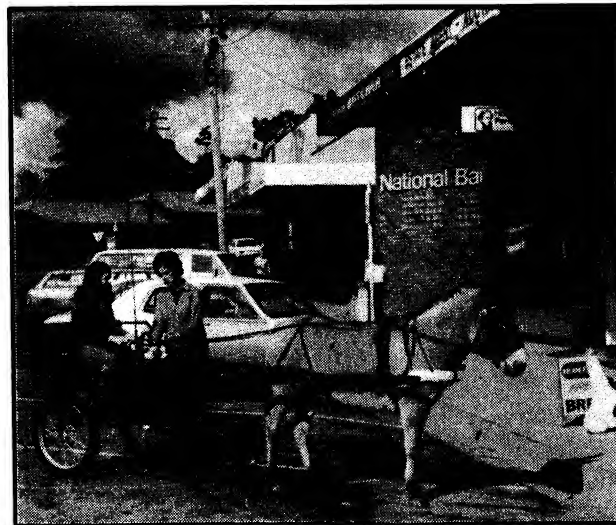
Backing

Don't try backing until your donkey is going forward confidently and easily. If you have trained him to back as described in the previous article, it should be simple. Choose a flat area, as you can't expect him to push the cart up hill. Just pushing instead of pulling the cart will surprise him enough. Pull back on the reins and say 'back', and then release the pressure. Repeat this until he takes a step backwards, praise him, and then walk him on. Repeat this lesson now and then during driving sessions until you are sure he understands.

If you intend driving on the road, do some of your in-hand training along the roadside. Also include some road driving in the long-reining lessons so that driving amongst traffic is not a new experience.

Use of a whip

The whip is a driving aid and is used in conjunction with the voice when asking the donkey to move forward. It can also be used to touch the donkey's side to move him over. The whip is held in the right hand at the point of balance. When not in use, hold it across the cart in front of you, with the tip raised to an angle of about 45 degrees. It only rests in the whip-holder when you are not driving. At first, you may find it awkward holding the reins and whip together but you will soon become used to it. I have seen a lot of people flapping the reins in an



Training a donkey is a worthwhile exercise, providing an economic means of transport, and lots of fun for yourself and the local folk.

attempt to move their equine along more quickly which, apart from looking terrible, jerks the animal's mouth. Just a touch on the rump or a sharp 'crack' with the whip looks better and is more effective.

Happy driving.

SLIPRAILS

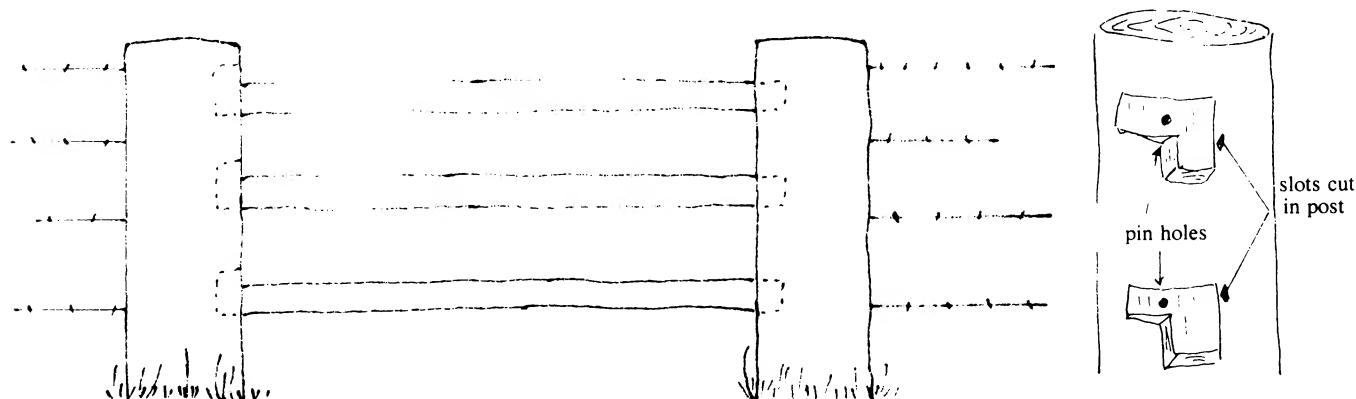
by Graham Murchie, Ashgrove, Qld.

Before the introduction of wire to the farming scene in Australia, most fences were built from timber. Slip rails were used to provide access to paddocks and a few may still be seen. Nowadays there is only a limited application for slip rails. I would not advocate their use other than with quiet horses or cattle, and if you had to use them every day they would be a nuisance. However, they are cheap, quick and easy to make, and could be an advantage in a paddock which is not used very much.

The longest practical length for slip rails is about 4 m. You must have fairly solid posts which are slotted 75 mm deep to take the rails. An ordinary 25 mm wood bit can be used followed by a mallet and chisel to finish the slots. Cut three or four slots 75 mm square and the same in depth in one post. On

the other post the slots will need to be cut slightly larger, as in the diagram, again 75 mm deep. It would depend on what I wanted to use the paddock for as to which way I would face the slots. If I wanted to keep cattle out, I would face the slots outwards to prevent the cattle from pushing the rails inwards. You can always put a pin in to hold them but pins have a habit of being knocked out and lost.

The rails should be cut no more than 25 mm shorter than the measured length of the opening to prevent too much play. I have seen slip rails that have provided good service for 45 years; they look very rustic but are prone to bushfires and termite attack. I don't think slip rails would be suitable in every situation but they may be useful in out of the way spots that don't see too much traffic.



CENTRALLY HEATING YOUR HOME FROM A SLOW COMBUSTION STOVE

by Lindsay George, Laurel Hill, NSW.

In a bad year we can expect 68 inches of cold, drizzly rain, freezing winds and snow for four to six months, which isn't particularly conducive to pleasant living unless you happen to be a polar bear.

We looked at oil, gas, open fires, potbellies, electric space and radiant heaters, and over the years have tried most of these. Our helpful brother-in-law/engineer worked out that we needed about 30,000 watts to heat all of our home — allowing for heat loss through windows, rising air, vents, doors, and for zero and below temperatures outside.

We didn't fancy 30-bar radiators burning 24 hours a day, to say nothing of the \$3600 electricity bill, so we opted to run hot water radiators off our slow combustion stove (Everhot model 204). New radiators are expensive (over \$200 each) so we scrounged ten old cast-iron radiators ranging from 1500 watts to 3000 watts capacity each.

Although not readily available, many institutions have discarded their old radiators as oil-fired boilers have become too expensive to run. Sources of these in cold areas include country hospitals, schools, churches, old sawmills, scrap dealers, canning factories, and kilns. Or, with a bit of ingenuity, you could build your own from black pipe and fittings. Anyway, the going scrap rate is about \$5-\$25 each. You will also need 1.9 cm ($\frac{3}{4}$ inch) insulated copper pipe, fittings, and galvanised iron barrel-union joints (two per unit).

Don't forget to use brass fittings between the galvanised iron and copper pipe fittings to prevent electrolytic action. All radiators should be steam cleaned, scaled or washed before assembly. The CSIRO recommends gold paint with no undercoat as the best paint for air/heat transference.

If you run two lots of pipe, one for daytime living areas and one for night-time (bedrooms) then you'll halve the storage tank capacity required. We've found that a 60 gallon hot water tank will run two lots of four radiators if the fuel stove is operating 24 hours per day. A 24V aircraft fuel pump powered by a 12V trickle battery charger works fine in our system and draws about 2 amps with all eight radiators working. These are available for about \$165 from disposal stores, and being DC can be simply powered and controlled as well as being independent from blackouts.

Our system does have some disadvantages though. There is no temperature adjustment so it is either full on or full off. Safety considerations need to be thought of with little children around as the radiators are extremely heavy. Because it is a manual system it must be turned on and off in sequence. The pumping rate must be balanced through the fire box so that the system has time to recover its dissipated heat. All connecting pipe needs to be insulated. For cheaper installation and less heat loss we ran ours in series with one pipe between each radiator and one gate valve only on each run.

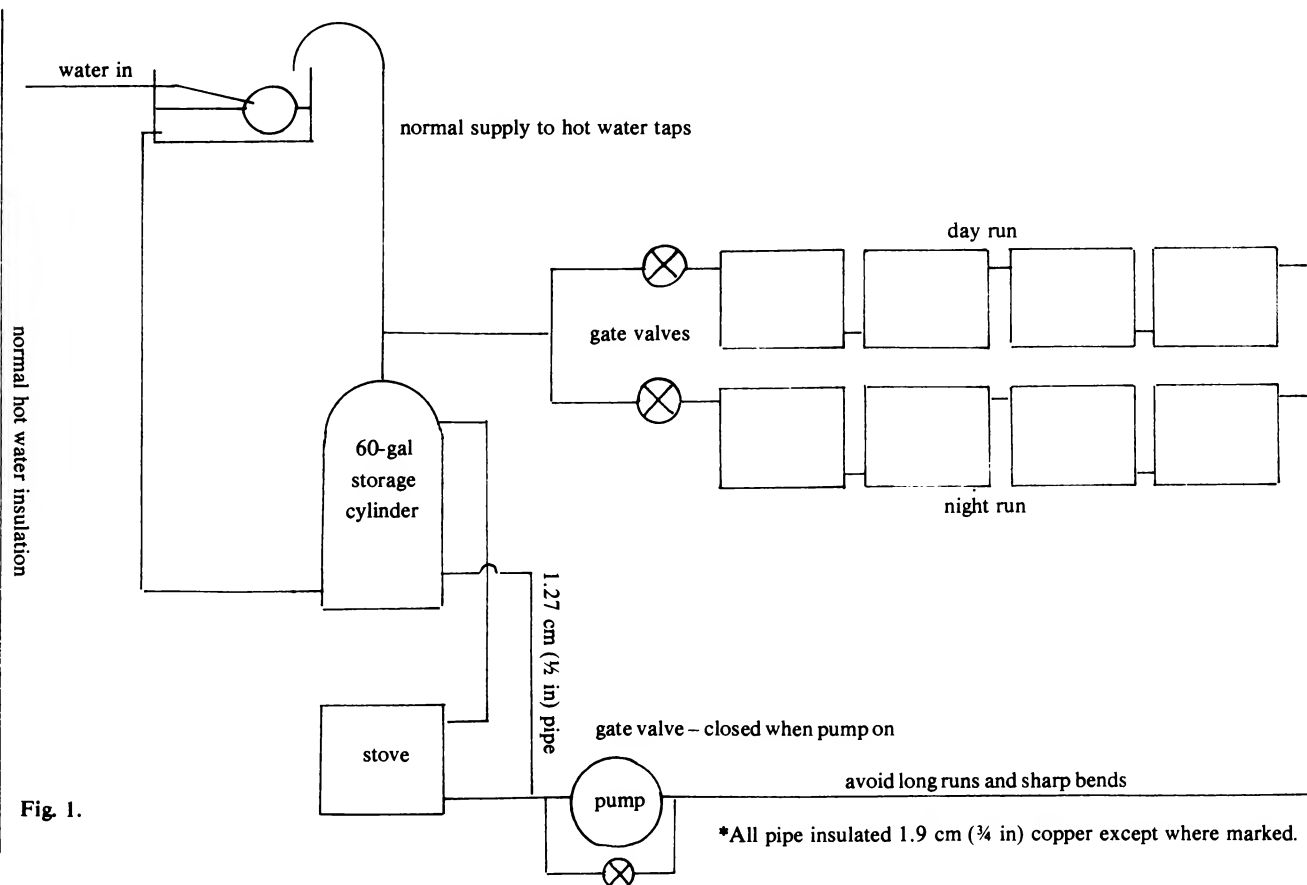


Fig. 1.

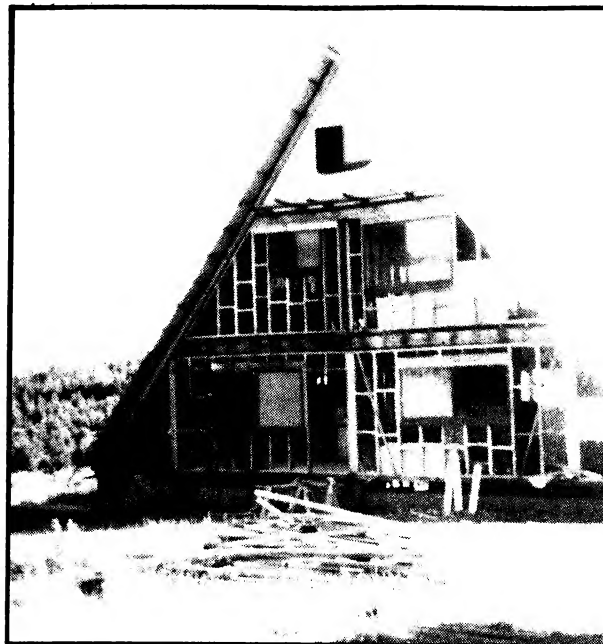
*All pipe insulated 1.9 cm ($\frac{3}{4}$ in) copper except where marked.

Despite all the negative comments from experts — 'It'll never work — you'll blow up your fire box!' 'It will cavitate!' 'You'll need expensive shuttle valves/self-regulating automatic thermostatic compensating valves!' — our system works fine and, being a closed loop, uses no extra water, requires no upkeep (apart from occasional bleeding), and costs virtually nothing to run except a normal amount of wood for the stove, and very little power. Other stoves such as the Everhot 150 or similar brands should be able to run a smaller system, because most have a similar gauge water jacket and can heat a 30-40 gallon storage tank.

Using a rule of thumb the capacity of your radiator (say six gallons) divided into your storage tank capacity (say 40 gallons) = no. of radiators (i.e. seven). However in practice, you must allow for up to 50 per cent heat loss which means the system might only effectively support half the calculated number of radiators. Heat loss depends on many factors such as insulation, amount of glassed area, and the type of wood used as fuel. It is best to err on the conservative side.

To fire up the system fill it with water, check for leaks, and then bleed each radiator of air (long-nosed pliers will undo the square countersunk bleeder valve in the top end of each radiator). Repeat until all air locks are expelled and the system heats up and settles down. A little silicone sealant between the mating surfaces of the barrel-union joints will prevent any leaks. Use lots of thread tape and silicone sealant on the brass fittings. Our system heats a two-storey house and

fairly long runs of insulated pipe were used in its installation. But we no longer have burnt faces and cold backs — our home is warm all over without burning oxygen in the air.



Because we built our A-frame on the snow line, warmth was essential. The slow-combustion stove, coupled with water-filled radiators effectively provides economical central heating.

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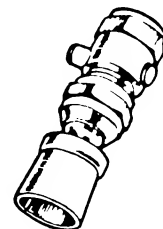
FLOW REDUCTION SHOWERHEAD "LOVO"

The LOVO Flow Reduction Showerhead from ECOS is ideal for use in private homes, institutions, campsites, schools, apartment houses, hotels, motels, boats, trailer parks, military institutions... wherever it is desirable to reduce water and energy consumption.

Extensive in-field experience has proven that the LOVO can REDUCE HOT WATER CONSUMPTION BY AS MUCH AS 60-75%.

The LOVO features a push-button control that enables the user to stop water while lathering or shampooing. This device restores the flow for rinsing without having to readjust water temperatures.

The LOVO fits a 1/2" B.S.P. shower pipe connection (a standard for almost all shower installations) and can be installed easily with a wrench.



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DESIGNING FOR ENERGY EFFICIENCY AND SELF SUFFICIENCY

Part XIV

by Stephen Ingrouille, Melbourne.

I receive a lot of positive comment on this series of articles, so I was interested to read a more critical letter. I am certainly pleased to have stimulated discussion and thought, and for that reason I feel it is worth publishing the letter below. The writer of the letter certainly believes she is making some valid points, and no doubt there are many other people who would agree with her.

Dear Grass Roots,

I have been buying your magazine for years now and have gained a great deal from the articles and the general feeling of warmth that emanates from your contributors.

I have appreciated the informative series from Stephen Ingrouille on energy efficiency but am disturbed by claims made in his latest – Part XIII (GR 40).

In his promotion of a particular brand of solar hot-water system, Stephen claims that mains pressure tanks have a longer life when made of stainless steel. I would urge readers to check for themselves regarding the corrosion resistance of various systems. I believe other solar hot-water systems are far superior and particularly one whose tank is protected by high-quality vitreous enamel and has a replaceable sacrificial anode. It's a pity Stephen does not mention this system which incorporates a closed-circuit heat-transfer design, thus eliminating freezing and other problems associated with all other solar systems.

It would be a shame if an apparent commercial bias were allowed to detract from the informative qualities of a valued series.

Yours,
Mary Wilson

In reply, I must stress that I make it a point to specify in each article that the brand of hot-water systems we sell is Beasley; thus declaring my bias, so that readers are free to make their own judgements about what I have to say. I choose to sell Beasley because I believe it to be one of the best hot-water systems in Australia. They also have a large range of tanks to suit a variety of situations, but that does not mean that another brand would not be more suitable in a particular circumstance. Further, because I have had considerable experience with the Beasley systems I feel I can point out fairly the negative as well as the positive factors. For example, in Part XIII I wrote: 'One disadvantage of the close-coupled unit is that the tank sits across the top of the collectors, it spoils their appearance' and 'generally a coil heat-exchange system is less efficient'. If I made the same comment about another brand, I could end up in court. In Part II of this series I recommend that people shop around, and I suggest that they compare size and price. At the end of Part XIII, knowing that *Grass Roots* is a national and international magazine, I acknowledge that while 'we can help people in

Victoria with information and equipment, people in other states should contact their nearest reputable solar hot-water dealer'.

Let's look at the substance of the letter. Mary does not mention the brand of solar hot-water system which I presume she has purchased. It is not hard to work out which brand she means, but I will not mention the brand name either. Another dealer who suggested that particular brand would corrode – a reasonable comment since all tanks eventually corrode – found himself speaking by phone to that company's solicitor. The dealer wondered what kind of operation they were running to need a solicitor on hand for such matters.

We also urge readers to check for themselves regarding the corrosion resistance of various systems. As well as the stainless steel tank mentioned in the last article, Beasley sell a tank which is protected by a high-quality vitreous enamel and has a replaceable sacrificial anode. At the time of writing, the price of the model 26R 300-litre tank was \$499. This vitreous enamel lined, steel tank with sacrificial anode, mains pressure, is also off-peak electrically boosted. Estimated tank life is four to twelve years on Melbourne's soft water, maybe less, hopefully more.

Our recommendation would be that people spend an extra \$176 and buy a tank with a stainless steel inner tank, which has an estimated life, under the same conditions, of between 30 and 35 years, again maybe less or more. With the stainless steel tank there is no need for a costly replacement anode. Of these two Beasley systems it is clear to me that the stainless steel tank is a much better buy. Thus must be the case, even if it were to last only twice as long as the vitreous enamel.

At the last Melbourne Home Show (a large exhibition of various commercial products) I asked a dealer of the particular brand to which Mary refers the expected life of the system. The dealer was reluctant to state a figure, but when I suggested seven years he nodded, and when I asked if the maximum life would be about twelve years he indicated that such was the case. I was at the recent Melbourne Home Improvement Show (a similar but smaller exhibition) where I approached another dealer of this same opposition brand. When pressed he said his system would have an average life, and then, as an afterthought, said about twenty years. I stood on that stand for some time and listened to some of the conversations. It is sad to think that this company could not sell their product purely on their own merits: instead of misrepresenting the opposition, but I guess that is one of the realities of commercial retailing. I don't believe either our, or their, vitreous enamel tanks would have an average life of twenty years, and I would encourage potential buyers of solar hot-water systems to check carefully with their dealers.

Some readers may be puzzled by the term 'sacrificial anode'. A tank which has very hot water under pressure would not have a very long life, particularly in hard water areas. An anode is placed inside the tank, the idea being that

the impurities in the water will attack the anode and not the walls of the tank. The problem is that you can't tell when the anode has been eaten away and the impurities have started to attack the tank. It is all very well to say that the anode can be replaced, but I think the reality is that when people buy a tank, they install it, and then forget about it. When was the last time you checked your anode, or for that matter your pressure-release valve? I suggest it is preferable to buy the stainless steel tank that does not need the sacrificial anode.

Mary's other point was that it is a pity that I did not mention the system 'which incorporates a closed-circuit heat-transfer design thus eliminating freezing and other problems associated with all other solar systems'. She does not mention what these 'other problems' are, nor does she mention the disadvantages of the system she refers to. One 'other problem' might be hard water, with which her system may cope well, but to say that 'all other solar systems' cannot cope with hard water is misleading sales talk. Beasley certainly have systems that can cope with hard water.

While acknowledging that her brand is well marketed and aggressively sold, I do not see it as the perfect solar hot-water system. Firstly, many people would say that her system looks ugly. Next, you would have to consider the life of the tank as discussed previously. Thirdly, heat-exchange systems are less efficient, as I mentioned in the last article. Finally, we come to frost protection. In a clever piece of marketing, the opposition have designed posters which show the evolution of their solar hot-water system. The question posed is that if each system is so good, why the need to keep changing it. One of the last changes was designed to eliminate the frost problem, and hence this closed-circuit system was developed which incorporates a glycol solution, similar to that used in

motor vehicles. The question now is, how often does that glycol solution have to be changed? Is it once a year, like a motor car? Will people remember to change the glycol or will it be a case of out of sight, out of mind? If you have to employ a plumber to change the glycol every twelve months, the plumber may charge as much as \$60, adding to, rather than reducing, the cost of your system.

By comparison, the Beasley frost-protection kit has been very successful for me. Most of our systems are sold to frost-prone areas. To date, not one of my customers has reported losing a panel to frost. (Our kit is explained in Part VIII, GR 35, p.68 and Part X, GR 37, p.71.)

There are two more points of which potential solar hot water buyers should be aware. One is the so-called installation cost. Buyers should check that if they are quoted for 'installation' that it should be the complete hook-up cost, not just the cost of setting it on the roof, where you still have to hire a plumber and an electrician to connect the system up, which may cost as much again as the quoted price. The other point to consider is after-sales service. Try to deal with a company that will give you prompt and efficient attention should you have any service problems.

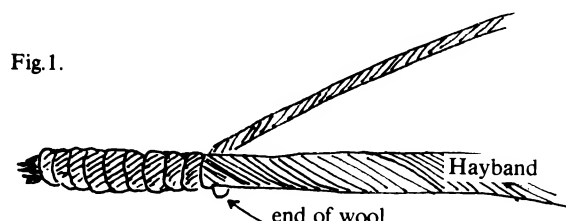
I would be interested to hear from people who have had solar hot-water systems installed for some time. We have a 300 lt 26C stainless steel system in our place. We have been very happy with it. Our bill for the summer quarter for off-peak electricity was only \$5.78; not bad when most Melbourneans would agree that we hardly had a summer this year. Let me know your comments by writing to: Going Solar, 320 Victoria Street, North Melbourne 3051. Ph: 03-328-4123.

Coiled 'Basketry' from Hayband

by Lyn Cooke, Learmonth, Vic.

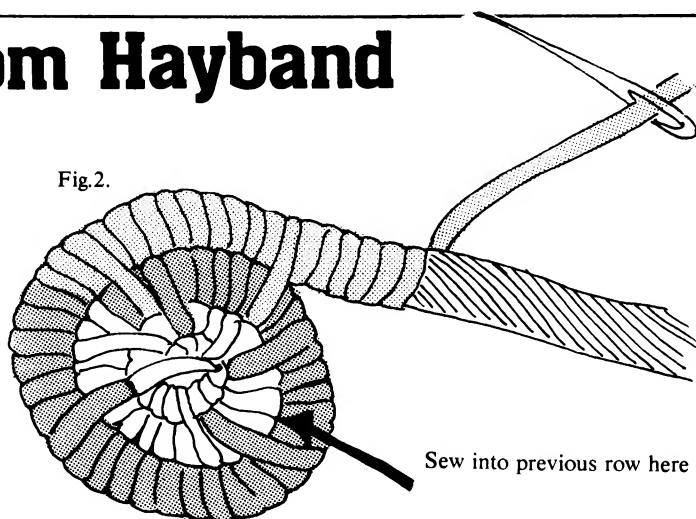
In GR 34 there was an article on hayband weaving. Here is another type of work using hayband in which readers may be interested.

The materials required for this 'weaving' are hayband, a needle with a large eye, and some scraps of wool. Progress is faster if several lengths of hayband are used together. To begin, place the ends of the hayband pieces together and wind the wool tightly around them (fig.1).



Form the work into a coil. It is kept in place by sewing the wool into the previous row every 5-10 winds (fig.2).

Fig.2.



Using different wools, colourful place mats and pot stands can be produced in circular or oval shapes. As the weaving is very stiff, sides can be built up, like a coil pot, to make dishes and bowls. Separate pieces can be woven to form lids.

I have found that children from the age of nine or ten also enjoy this sort of hayband weaving, although they may need help to get it started.

HEADER TANK WATER LEVEL LIMITER

by George Gardner, Qld.

Those of us who are not on mains power and who rely on a header tank for domestic water pressure are probably well aware of the hassles involved in keeping this seemingly simple system in continuous operation. We often run out of water simply because the topping-up procedure is so complicated that we wait until the very last minute to perform the task. If you presently use, or plan to use, a petrol engine-driven water pump to keep water in your header tank, then this article will interest you. With a header tank float switch and engine ignition connected to a small box of electrical items this repetitious operation will become simple.

How does the header tank water level limiter work? The small control box would normally be located close to the engine/pump assembly. There is only one manual control on the outside of the box and this is the operate switch. A LED indicator lamp located next to the operate switch simply lights when the switch has been momentarily pushed, and remains lit until the header tank water reaches its 'full' level.

The control box is electrically connected to a 12-volt battery, engine points, 'kill switch', and to a float switch located near the top of the header tank. The operation of the header tank water level limiter is simple.

1. Engine 'kill' switch is set or left in its stop position.
2. The control box operate switch is momentarily pushed (LED indicator will light).
3. Engine is started and water is pumped into header tank.
4. When float switch in header tank senses that the tank is full, engine will automatically stop (LED indicator will go out).

The float switch contains a reed switch with pivoted actuator magnet encapsulated in a waterproof nylon moulding. With this switch mounted near the top of the header tank,

maximum water level can be controlled. As the tank water level reaches the float switch, the pivoted magnet floats upward and away from the reed switch as shown in figure 4. As the water level rises the magnet pivots further away from the reed switch until eventually switch contact is broken, which then in turn stops the engine/water pump.

If you have a metal or fibreglass tank it is just a simple matter of drilling a 16.5 mm hole and securing the float switch near the top of the tank. The float switch comes supplied with a fixing nut and sealing gasket. If you have a concrete tank or would rather not drill a hole in your tank, a simple float switch support bracket can be fabricated and this assembly would then be secured through the normal top screened inlet. The entire float switch is encapsulated and therefore can be harmlessly submerged.

It is most important that the float switch orientation be the same as show in figure 4; i.e. the switch pivoted magnet will move into the position illustrated after maximum water level has been reached.

Two extension wires must be connected to the float switch wires, and they must be long enough to reach the control box which should be located next to your engine/pump assembly. Any light duty insulated wire would do, but I recommend the inexpensive Figure 8 Twin PVC insulated wire readily available from electrical suppliers and hi-fi shops, where it is commonly sold as speaker wire.

The control box is made up of only six components housed in a dust-proof enclosure. Holes are drilled in the enclosure for the operate switch LED indicator, terminal block, terminal block ports and mounting screws (figures 1 and 3). The relay is held in place by a small amount of contact

Figure 1. Control box assembly diagram for engine with 'kill' switch

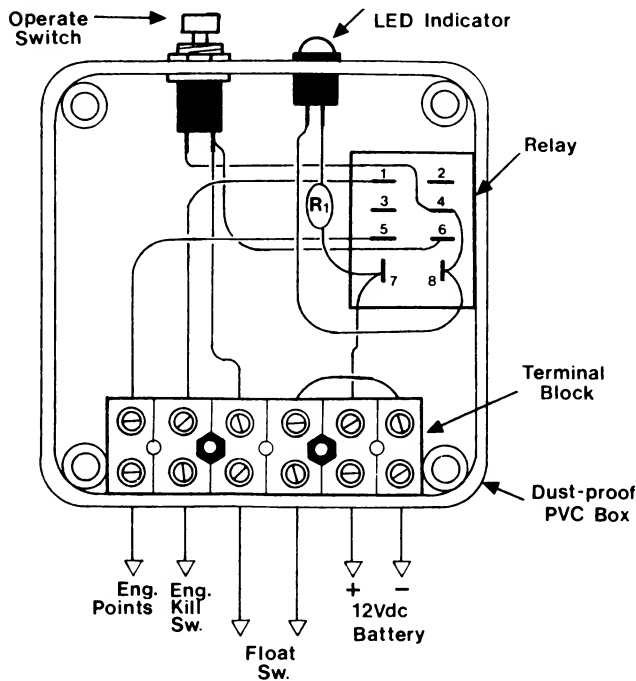
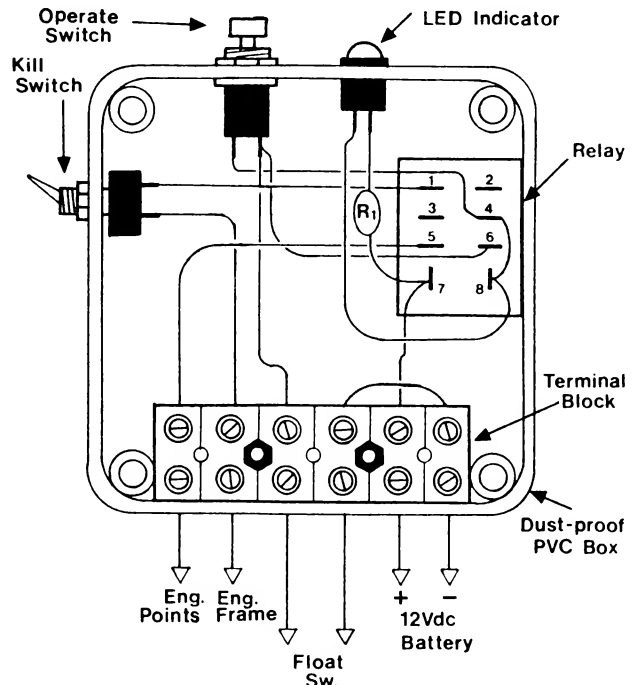


Figure 2. Control box assembly diagram for engines without 'kill' switch



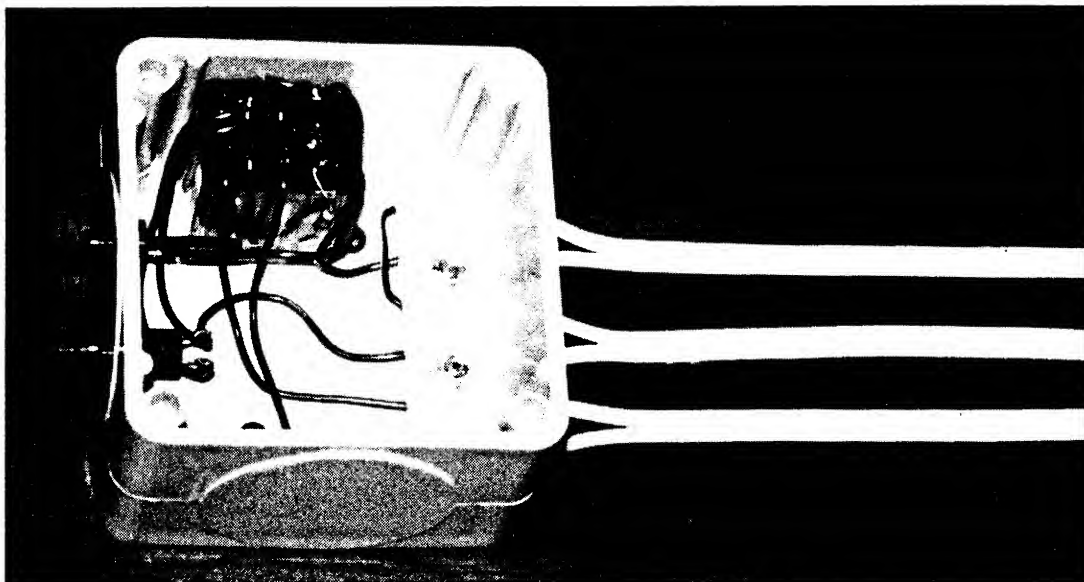


Figure 3. Assembled control box (no 'kill' switch)

cement applied between the relay case and enclosure base and side. All wiring is simple and straight forward, as illustrated in figures 1, 2 and 3. The control box has six external electrical screw connections (see figures 1 and 3) that are secured into terminal block stations via six holes drilled in enclosure case aligned with terminal block ports.

You will notice on the petrol engine driving your water pump there is a single small wire coming from the ignition (points) to the start/stop 'kill' switch near the top of the engine. (For engines that are stopped by grounding the spark plug terminal see* at closure of article.) This wire is cut at any convenient spot and two wires long enough to reach the control box are joined — one wire to each of the cut ends. The now extended wire coming from the ignition (points) is secured to the first terminal block port, and the other extended wire now connected to the start/stop 'kill' switch is secured to the second terminal block port (see figures 1 and 3).

The two extended wires from the header tank float switch are secured to the second and third terminal block ports as illustrated in figures 1 and 3.

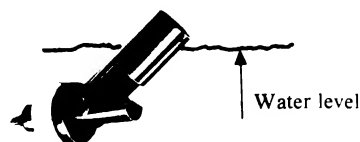
A 12-volt DC supply is secured to the fifth and sixth terminal block ports being careful to observe correct polarity as shown in figure 1. Since the complete circuit requires less

than 100 milliamperes — and this only while the tank is filling — almost any 12-volt battery will do the job (storage, car, lantern, etc).

If the header tank water level limiter is properly installed and maintained it should give years of trouble-free service. This previously repetitive, personally supervised, necessary operation is now simple enough for most members of the family to perform, and because it is automatic, will eliminate waste and mess due to inadvertant overflow.

* If your engine does not have a start/stop 'kill' switch, but rather the engine is stopped by shorting the spark plug to the engine body, you will have to install a single-pole, single-throw toggle switch in the side of the control box opposite the relay, and follow the wiring diagram (figure 2). This additional switch now becomes the engine 'kill' switch, requiring a connection from terminal block station one to 'engine points', and terminal block station two to engine frame (figure 2).

Figure 4.



		Part Number
Float Switch		684-001
Relay	12 volts DC, double pole, double throw, 10 amp contacts	684-002
Operate Switch	push button, normally open, momentary action	684-003
Engine 'Kill' Switch	single pole, single throw (see *)	684-004
LED Indicator	red LED with holder	684-005
Resistor (R ₁)	560 OHM, 1/4 watt	684-006
Terminal Block	six station	684-007
Control Box	dust-proof PVC, 77 x 77 x 53 mm with lid	684-008
Miscellaneous	2 off. 3 x 15 mm bolts and nuts	684-009
	2 off. small wood screws	
	short length of PVC tubing	
	hook-up wire — 500 mm	

An assembly kit containing all of the above items is available for \$40.00, or completely assembled and tested for \$50.00, from Protronics, PO Box 1058, Toowoomba 4350. Please add \$4.00 to each order for packing and airmail post.

KEFIR MIRACULOUS FUNGI OF THE LONG-LIVED NOMADS

by Manfred Wuellner, Greta, NSW.

Kefir is a fungus containing *Bacillus Sansaeszus*, which when added to milk makes it more readily digested (it can be safely given to babies). Kefir prevents the fermentation of particles in the digestive tract and sweeps through the gut like an iron broom, leaving no rotten food particles lodged in it. People who use kefir as a staple food in their diet have been known to lead active self-supporting lives for over 150 years. In countries where kefir is used extensively as a bulk food no tuberculosis, cancer, or digestive diseases are known.

Kefir has been known to be successful in treating gall troubles, jaundice, aorta knots, high blood pressure, anaemia, eczema, constipation, and diarrhoea. It has a beneficial effect on blood and blood pressure and after three months' use one could expect cleansed blood and normal blood pressure. Stomach and liver complications can be relieved with a diet containing kefir. If used correctly, as part of a balanced diet rather than as an additive to food, kefir will stabilise your body weight. With regular use it will also banish depression and sleeplessness.

How to Make Kefir

Place the kefir fungi in some milk in a non-metal container at room temperature away from sunlight. The milk used should be heated to about 80°C and then cooled to about 20°C, or pasteurised milk can be used without any prior heating. For

one litre of milk, use a piece of kefir about the size of a cherry. Transfer the kefir with a wooden spoon, or another non-ferrous instrument. Under no circumstances should the kefir or kefir milk come into contact with metal.

After 12, 24, or 48 hours, depending on the temperature and the future use, transfer the kefir to new milk and place the kefir milk in the refrigerator. Always use fresh milk, and wash the kefir and transfer it to fresh milk at least twice a week. In summer kefir may need to be washed more frequently than in winter. Don't let the kefir stay in the same milk for too long, or leave it lying around in water or open air, or it will die and turn to slime.

When the kefir has grown larger than the size of a walnut cut it into smaller pieces, keep one and either discard or give the others away to friends.

- Kefir milk can be mixed with honey or fruit juice and used as a bulk food (one litre per person on average). It is most beneficial when taken internally just before bedtime.
- To treat jaundice use a batch of kefir that is 12 hours old.
- For kidney problems add one litre of kefir daily to your recommended diet.
- For constipation take one litre of kefir milk 12 hours old, daily.
- For diarrhoea take one litre of kefir 48 hours old daily.

For further information on kefir see article in GR 33.

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Down home on the farm...

by Meg Miller



When I sit down to write *Down Home on the Farm* I'm usually in the office, surrounded by books and papers in a tiny room with only the sounds of a lonely owl and an occasional irate possum for company. Years back, when GR was a quarterly publication, I could take time to sit out in the old armchairs on the verandah and doze a little while I waited for words to come. It was very soothing, and very inspiring. Now this issue, thanks to the State Electricity Commission, I've been able to indulge myself again. The SEC have an irregular mid-week maintenance programme going on in our area and, for once, they've chosen to switch the power off on a bright, sunny day. The GR team are languishing at their homes, Sunshine is away on holidays and David is in Melbourne. So, a beckoning old armchair awaits, with a cat snoozing beside it, and a power of work stacked nearby.

These last two months seem to have been coloured by much frenetic behaviour. For the first few weeks, we were troubled again by foxes and found ourselves surfacing from deep sleep at four in the morning, dressing in the dark — have you ever heard a grown man try to fit into a ten-year-old's jeans — and rushing off in the ute after the pests. We have a dog compound strategically placed between the bulk of the chook houses and the open paddocks so the slightest stir out in the crop and the dogs bark. You quickly learn to differentiate between serious barking and domestic politics. This fox chasing went on for several weeks, until lambing was imminent, and then some of the locals joined the campaign to drive Reynard out of the district. We're enjoying a temporary armistice at the moment, although on a clear night you can still hear foxes yapping in the distance.

No sooner had we settled down after foxing around than the mice moved in. Not just one or two, but dozens. And they're not ordinary ones, they're super mice. We first noticed them in the pill drawer in the kitchen after they had eaten through several sheets of foil-covered multi-vitamins that I keep for ailing turkeys. With that sort of charge it seems they can do anything. It takes them just over 12 hours to eat through a plastic ice cream lid, and only a little longer to perforate the side of plastic bottles. They've devoured soap, jam (the blighters even ate through the foil-encased gift containers of exotic jam we'd been given at Xmas), apples, and, the most lowly act of all, tracked down David's secret cache of mouth-watering chocolate and my health-food bars. Nothing edible in the house has been left intact despite how thoroughly we've hidden it. They've also eaten holes between the floor boards and the wall, and even chomped through the occasional piece of beading on the way. We haven't taken all this lying down though; we've undertaken a detailed study of wood versus metal traps (wood wins) and discovered what the most successful food for baiting them is. In the Miller

household Golden Days Almond bar comes out on top of butter, peanut butter, cheese, pumpkin seeds and vanilla essence. To nibble the almond bar you (or the mice) must pay the forfeit! Of course the shed the chook food is stored in is the major breeding ground and it's definitely not wise to venture in there after dark. The 44-gallon drums which contain the food are a great attraction to mice — they can climb in but can't escape. Even I, Animal Liberationist supreme, have developed a mean swing with the waddy but I must confess I still shy away from setting traps and emptying them. Thank God men aren't liberated yet! And cats? I'd swear they are starting to resemble mice they must have eaten so many; but really, at 13 years of age you tend to lose that competitive streak you had as a young cat.

Amidst the havoc the mice have wrought, and the continual setting of traps, we've become parents again. No, not to a human baby, but to a possum. I heard shrill cries in the yard one night, and when I went out to investigate (I'm not frightened of night noises, snakes or spiders, just mice!) I found a bedraggled little possum jumping up and down in a large container of water. We can't for the life of us work out how it came to be there but feel the situation was remarkably reminiscent of the Moses in the bullrushes saga. So we brought it in, administered the trusty Rescue Remedy, dried and fed it, and haven't had a decent night's sleep since then. We've called it Tuddles, a combination of cuddles and puddles, and, despite not being able to agree on its sex, have had more fun with it than we've had for years.

Fortunately Tuddles wasn't a really young possum so feeding has been easy. I checked out Yvonne Cowling's article on feeding native animals in GR 31 and put together the suggested formula of 50 ml boiled water, 50 ml evaporated milk and a drop of Pentavite, which is fed with an eye dropper. For the rest we put out sliced fruit, vegetables, and the occasional flower and try to protect our meals from thieving little paws. Tuddles has not only settled in but taken over. It tears across lounge chairs and up curtains, swings along clothes hanging on doors and delights in jumping on unsuspecting people standing nearby. It also runs up legs and settles down comfortably on one's head. But it made a mistake — two actually — the other night. I was quietly warming my bare bum in front of the open fire when a furry tornado suddenly streaked up my legs. I let out a bellow of pain, and the possum dropped and went for its life; we've both reached a wary truce now and the scratches on my legs are healing. It's obviously difficult working out what you can and cannot do if you're a young possum. When it wants a drink during the night it wanders in and wakes us up — a wet, whiskery nose on human lips usually elicits instant action! Well, later this same night I heard it trundle into the bedroom

looking for a drink. Suddenly there were the most ear-splitting screams and the room seemed full of flailing bodies. When I felt game to come out from under the bedclothes I discovered the possum hiding on top of the curtain rod and the old cat crouched behind the kitchen door, indignantly swishing her tail. Possum won't make that mistake again and both animals are giving each other a very wide berth. But David has the last word on possums. How do you toilet train them? Tuddles adores David and delights in leaving wet patches all over his clothes. Help, what can we do?

With all these 'furries' setting the pace the other livestock have had to take a back seat. Shearing time has come around again — it doesn't seem that long since November when they were last shorn — so next week's going to be busy for David organising a shearer and a generator, setting up the woolpacks for the different classes of wool, getting the sheep in, and just chasing up the 101 things that need to be done to make the job run smoothly. The sheep have been divided into three breeding groups, plus a paddock of odds and sods, so each of these will have to be kept separate. We're up to about 400 sheep now, the additions coming from our own lambs plus some sheep bought during the last six months. They're not all purebred Drysdale, many are at different stages of upgrading so it will be a number of years before David puts together the flock he wants. Meanwhile they cut wool twice a year and produce bonny lambs, so there is some return, and David can see how the breeding programme is evolving.

The cows, Jasmine and Nutmeg, are in calf and eating their way through huge quantities of feed. Being Dairy Shorthorns, and purebred at that, we weren't able to track down a suitable bull in our area so the girls made the trip back to their former home for joining. Last year's calves, now weaned, are running with them and making the most of the more heavily grassed Strathbogie Ranges where our land is.

But back at Birdsville there's still a lot of beaks to feed and a lot of droppings to rake up. The latter is causing quite a problem because whilst I'm not a good housekeeper I *am* a strict chook keeper and hate to see a build up of discarded feathers or droppings lying around. With almost 300 birds, there's a lot of both and my efforts to keep up with them have upset an old injury in my elbow which has been aggravated by the repetitious movement. Obviously I'm going to have to cut back numbers to give my elbow a chance to recuperate — a difficult task as who can bear to part with Sid Vicious, Daphne, Maureen, or even Betty? I've converted some of the houses into deep-litter sheds which lessens work a little but the guinea fowl and some turkeys still sleep in the trees and relieve themselves regularly with wild abandon.

This year I'm thinking of taking a big step with some of the birds — showing. I've looked over the Melbourne and Sydney Royals and found the turkeys displayed had none of the size or vitality of my naturally reared fellows. It would be good to take some garlic-smelling birds into the inner sanctum of the show shed; they may not win first prize but they would be a credit to organically based management. But I'll have to decide if my turkeys will be able to cope with being caged for the duration of a show, or whether it would be too stressful. Preparation, too, seems to be a demanding job, but I must



admit I would like to see one or two of my vocal hens giving the judges and stewards whoppo.

One species I've neglected to mention these last few issues is the quail. Sunshine started off with two pairs last year and quickly bred up to 23 birds. Now that's quite a few birds if your 9½ and already have some bantams to look after. So we've had a few altercations over their management these last couple of months and then last week she decided, after receiving an offer she couldn't refuse, to sell some to me. They are just delightful and walk all over my hands and cock their little heads to listen to me. They are also prolific layers and I'm threatening to make pickled quail eggs for everyone for Xmas. They are ideal birds for kids to keep, small and manageable, and can help provide a little pocket money if sold to bird-keepers with aviaries.

The electricity has come back on so I know it's time to finish up and move back into the office. The shadows are also lengthening, and there's a noise resembling a hundred rumbling guinea fowl crops echoing forth. Today has been a beautiful day, the willy-wag-tails and swallows have flown around me, the cats have been lazy and loving, and the farmyard has produced a myriad of sounds and colours the like of which is usually only seen and heard in the movies. Somewhere deep inside a nagging voice tells me it should be winter weather. And it should be — we need the rain badly enough in this area — but isn't it nice, isn't it positively healing for the soul, to play truant for a day and have all the forces of nature behind you?

CLASSIFIEDS

PROPERTY FOR SALE

IDEAL FAMILY VINEYARD. 6 km Forbes – 28 ha hill site, delightful views; improved and natural pasture, fruit, olive, native trees. Large country town, airport, public and private schools to year 12; good shopping. Divided 4 paddocks, some elect. fence, large dam, cattle and fowl yards, old pig yards. Storage, machinery sheds; bore delivery 12,000 gals. P.H. equipment, Perkins diesel. Irrigation to 15 ha farm and winery (including single bottle licence). Established small farm and winery plant included: 3 B/R home, dining, lounge, lobby, kitchen, bath, enclosed verandah, septic, air conditioned; 12 x 7 m enclosed shed adjoins house; 3 underground cellars beneath house. Great business opportunity whilst enjoying peace and privacy. Price \$160,000. Will negotiate. Write Genet, PO Box 105, FORBES 2871. Ph: 068-521-437.

DO YOU WANT SELF-SUFFICIENCY in quiet rural area in Drummond Ranges, central Qld? On Capricorn Highway, 20 acres very good soil, small crop farm; 109-tree young mixed citrus orchard plus other species and 20 grapevines; 3 B/R old but solid low-set home, vinyl clad, 32 v and 3 kVa 240 v power. Two bores, abundant water, one 12-ft Comet windmill, Davey deep well pump and overhead tank with irrigation. Valpadana garden tractor, stables and yards; 8 head cattle, plenty of tanks, fully fenced; 1 hour to Emerald (modern rural town), 20 minutes to gem fields. Price \$50,000 ONO. Write to Robert L. Fern, Lockington Road, BOGANTUNGAN 4702. Ph: Bogan 1U after 5 pm.

BELLINGEN – charming farmhouse on 2.2 ha. Magnificent views, established orchard, unlimited water, \$78,000. Ann Bruce, Martell's Road, URUNGA 2455. Ph: 066-551-794.

OVERLOOKING GRAMPIANS NATIONAL Park and lakes, 25 gently rising, semi-cleared acres, 4 km from Stawell. Three B/R 16 sq. stone house, verandahs, wood and electric cooking, solar H/W, OFP, BIR, pure wool carpet. Two dams, 150 young almond trees, orchard, school bus at boundary. Price \$68,000. Neville Carkeek, RMB 2019, STAWELL 3380.

STANTHORPE, QLD. Unique 926 acres. Granite, 2 titles, rocky creeks, wild flowers, natural bush. Very secluded, 4 creeks, weir, large dam, 2 homes, school bus. Consists of 300 acres cleared, 76 acres licensed irrigation. Underground mains; 3-phase power machinery, ready to start for cash crops, grazing. Delightful place to live. \$175,000. A. James, 'Cascades', MS 312, STANTHORPE 4380. Ph: 076-836-213.

PEACEFUL AND SECLUDED 23 acres, suitable stone fruit, apples, or vineyard. In Angora goat district, 20 minutes from Inverell, NSW. Good beekeeping area; 2 cabins, shed, rainwater tank, dam and well. Organic garden and orchard. Bitumen road to town. Price \$39,500. Further information from Brian Bourke, MS 461, KALBAR 4309. Ph: 075-635-634.

SOUTH GIPPSLAND – 4-year-old 2 B/R house on 7 ha (2 titles); 45,000-litre tank, electricity, phone, S/C stove/hot water system, open fire, pine lined. Two ha cleared, balance natural bush, young orchard, chook pen etc. Permanent creek feeds dam, gravity-feed water system. Excellent fencing; 9 km from town. Secluded area. \$55,000 ONO. Ph: 056-816-297.

ONE HUNDRED ACRES with 600 m Brodribb river frontage in Goonerah V, 65 km north of Orbost. Mostly cleared, arable, S-W Erinunderra, surrounded by crown land forest. High rainfall, lovely climate. In neighbourhood of families with hopes for more self-sufficiency. Potential harbour for pioneering-minded people. SEC runs through, phone not far. Community has small school, hall, tennis courts, horses. Price \$55,000. Ph: 051-540-120.

DAIRY FARM, 130 ACRES, 10 miles from Scottsdale N-E Tasmania; 80 acres good top-dressed pasture, balance native bush, lovely stands of blackwood, manfems. Ample water from streams, all gravity irrigated from river on boundary, good rainfall. Northerly aspect with good soils suitable most crops. Has carried 70 heifer calves as well as milking 30 cows in modern H/B dairy complete with vat and all equipment – could easily milk 50 cows. Two B/R home, 4 yrs old, with new Kent log fire, good combustion stove, garden shed, hayshed (500 bale capacity), henhouse, lots of English trees make this a most attractive property. Rare opportunity to purchase small dairy farm complete with 30 good cows, 24 AI Friesian yearling heifer calves and Ferguson tractor. Price \$115,000 WIWO or \$100,000 bare. Regretfully for sale due to buying larger farm. John & Diane Dickson, STH SPRINGFIELD 7254. Ph: 003-527-313.

NEW ENGLAND TABLELANDS – 1100 metres above sea level on the prime eastern side, 19 miles from Glen Innes and 5 miles from the nearest school; 100 acres of beautifully timbered natural forest featuring large permanent creek with magnificent waterfall. Excellent access with frontage to public road and power handy. Local people relaxed and friendly. I am keen to sell so price is \$26,000. Ring anytime on 067-323-275.

SECLUDED HOME surrounded by state forest, 1 mile good private road; 31 acres, 10 cleared, red soil, river boundary. Large new barn, generator system, phone; 16 miles to small town. Compact 3 B/R home with loft and sunroom almost completed. \$33,000. Adjoining 42 acres, 12 cleared, permanent creek, \$12,000. A. Sullivan, Post Office, EDITH CREEK 7330. Ph: 004-564-264.

**DEADLINES: GR 44 – JUNE 29TH
GR 45 – AUGUST 31ST**

INLAND BETWEEN COFFS HARBOUR and Grafton. 205 acres with permanent creek; timbered, cleared, undulating. Hidden valley bounded by sandstone ridges; suit multiple occupancy. \$85,000. Ph: 066-492-019.

GRANTHAM S-E QLD – 52 acres overlooking beautiful Lockyer valley. Elevated with small flat area; good sandy loam suitable fruit trees, vines, market garden. Equipped 12-sq sandstone W/B weekender, bore (equipped), dam, tractor, pool, shed, levelled house site, good access, phone, plenty timber/stone building materials; wildlife, seclusion. Handy shops, schools. Price \$59,500 ONO. Ph: 075-661-389.

BOMBALA AREA, 280 acres natural bushland, Bombala River frontage. Power, phone available, homesite cleared on council access road. Ideal location between coast and Snowy Mountains; \$30,000. Write to P. Tierney, via BIBBENLUKE PO 2632.

THREE-ACRE BUSH BLOCK, 2 miles from Healesville. Seclusion, wildlife including kangaroos, echidnas; good topsoil. No electricity. Current building permit. Elevated position overlooks Healesville and mountains; \$9800 ONO. Simon & Heather. Ph: 059-623-180.

FIVE ACRES PARTIALLY CLEARED with vertical-board cottage, permanent creek from mountain spring, slow combustion stove and potbelly for winter warmth. Northern sloping aspect with terraced vegie gardens. Close to sea with good fishing. Ideal for those wanting a peaceful retreat. Genuine reason for selling; \$22,000 ONO. Write to G. Canute, LADY'S BAY, via SOUTHPORT 7116.

QUARTER ACRE BLOCK of land, perfect drainage, cleared, facing north and south, Lot 6 Hervey Bay Shire, Maryborough, Q. Electricity available, can build immediately. Aldershot estate, close to shops, flat block. Price \$9800; rates \$112 per year. Contact G.R. McKerihan, 6/76 Bayswater Rd, RUSCHUTTER BAY 2011.

CASTLEMAINE/MUCKLEFORD AREA – 55 acres. Chinamans Creek flows through property. Flats and hills sown to pasture. Lightly timbered; hayshed; large dam; boundary fencing; quiet road; 200 metres to sealed road; 6 miles from PO. Ideal home site; \$40,000. Ph: 054-724-156 weekends or evenings.

STRATHFIELDSAYE, 5 ACRES, lightly timbered, faces state forest. Electricity next door, town water. Secluded country atmosphere approx. 6 miles from Bendigo. \$13,000. B. Marston, 26 Warnes Rd, MITCHAM 3132. Ph: 03-874-5261.

UNIQUE 20 SQ TIMBER HOME on 46 acres. Fully solar powered, indoor garden with skylight. Trees, dam, permanent creek; only 10 min to Kempsey. Large shed, many extras, potbelly stove, pump, generator, etc. Price \$70,000 negotiable; \$20,000 vendor finance. Ph: 065-626-250.

BARHAM, NSW – 2½ acres on main road close to Murray River; fenced with dam and town water. Opposite trotting complex. \$19,500. Ph: 03-569-0042.

BLOCKS FOR SALE WARIALDA northern NSW: 150-170 acres from \$20,000 to \$25,000; vendors terms, 12% reducable. Mature timber, all blocks suitable for building dams; some have creek frontage. More details ring John Barrah on 066-545-208.

NEW ENGLAND AREA – 200 acres, 3 B/R farmhouse, shearing shed, septic, phone, school bus. \$65,000. Also 2000 acres unimproved \$75,000; 1100 acres \$35,000; 900 acres \$25,000. Ph: 067-7892 ext. 6.

CENTRAL VICTORIA, 10 minutes to Maryborough, 10 acres sown to pasture. Huge dam, scattered shade trees, sloping block, good deep soil. Paul & Gail King, phone 056-596-356 (evenings).

BEAUTIFUL NORTH-FACING valley hillside – 63½ acres; celery-top pine 8 sq house, combustion stove, potbelly stove; 20 acres pasture, permanent spring-fed creek. \$38,000. Ph: 002-664-100.

SOUTH GRAFTON – 100 acres. Some cleared; large new shed suitable for temporary dwelling; electricity. Reduced \$42,000. Ph: Mrs Connors on 02-560-5300 BH.

CLASSIFIEDS

PROPERTY FOR SALE

HUON VALLEY, TASMANIA - 3.784 ha (9½ acres) at Garden Island Creek. Light bush, northerly aspect, great building sites. Power 200 yds away; 35 mins to Hobart. Great for alternative lifestyle; \$8000. Joy Smith, ph: 056-295-625.

BARHAM, NSW - 3 B/R W/B house, new kitchen, bath, toilet, on 2½ acres; orchard, carport and garage. \$49,500. Ph: 03-569-0042.

THIRTY MINUTES FROM HOBART, Tas., approx. 9 km to New Norfolk, 17½ acres off Mt Lloyd Road, Glenfern. Half cleared, half lightly timbered with some picturesque rocky outcrops. Ideal bush retreat yet close enough to school and shops. Cultivated farms on both boundaries; \$10,000. Contact Ron Anderson, CANN RIVER 3889.

FORTY ACRES IN S-E QLD. Half natural timber, half cleared, with good permanent waterhole. Situated on good access road off Chinchilla highway midway between Wondai and Chinchilla. Price \$18,900 ONO. Write Desley Brown, PO, WOOROOLIN 4608.

MID-NORTH COAST 296 ACRES. Valley with steep sides, well timbered, fenced (needs repair). 4WD access when wet; 6 km primary school and bus to high school; 50 km to surfing beach. Price \$100 per acre. Write Box 668, TAREE 2430.

ULONG 45 minutes from Coffs Harbour - 171 acres river frontage; waterfall and streams; 16 ft caravan, 10 x 10 ft garden shed, some timber and building materials on site included. Semi-logged block in rainforest, beautiful views, teeming with wildlife; school bus nearby; \$60,000 negotiable. Ring Warwick on 02-665-5105.

GLADSTONE (SMALL TOWN) N-E Tasmania - 4 B/R house, ensuite, large rooms, carpets. Approx. ½ acre, 2 car ports, sheds, fruit trees. Grow own vegies and potatoes, town and rain water. Near drive lovely beaches; \$19,000. Write P. Higgins, GLADSTONE 7254. Ph: 003-572-194.

NEAT, PART FURNISHED W/B, fibro and iron 3 B/R house comprising lounge, dining/kitchen, laundry and bathroom, plus garage/workshop. New gas HWS and cooker. Large sewerer block with town water adjoining town common. Able to keep cow, horse, etc. Room for chooks and vegies. Fully serviced country town; \$40,000. For more details phone Bonalbo 066-651-268.

MULLUMBIMBY - beautiful 50-acre secluded valley, good access, just 6 miles from town. Mostly forested with about 5 acres arable deep red volcanic soil. Permanent crystal-clear creek, excellent sheltered location. Land divided into 2 shares, both for sale together or separately. First share 40 acres with cabin and small tractor \$50,000. Second share 10 acres with new 3 B/R home and fully enclosed workshop below. All amenities, beautiful views, \$88,000. Property owned 10 years. Rare opportunity in best part of Australia. Ph: 066-845-411.

TEN ACRES 25 miles west of Noosa, Q. Permanent creek on one boundary, train line on another boundary, fully fenced. Four acres ready for cultivation with very rich soil suitable for almost any crops. Good house site and power across the road. Priced to sell \$17,500. Contact Garry Keith, C/- PO, POTTSVILLE 2413.

SUNSHINE COAST QLD - 12¾ acres partly cleared in secluded valley. Small dam, dozed housesite; 25 min to Caloundra and beaches, 10 min to school and railway. Soil grows anything. Phone Kevin on 071-459-839.

ST GEORGE S-W Qld, 7 x 10 acre lots 7 miles from town. Electricity and unlimited domestic water available. Lots are on sealed road with bus run. Price \$9500 each negotiable. For further information contact Mrs Marie Salmon, PO Box 156, ST GEORGE 4487 or phone St George (M0764911) 455.

CHOICE OF 3 FREEHOLD BLOCKS - 42, 55, 60 ha, \$25,000-\$28,000; 9 miles Stanthorpe, S-E Qld (pop. 3000). Natural unspoilt bushland, 3 hours Brisbane. Granite outcrops, accessible yet secluded, close schools. Ph: 076-833-583.

MOUNTAIN RETREAT - 100 acres, 21 miles west of Taree. Beautiful views, no dwelling; \$28,000. Phone: 065-506-548.

NEAR CHILDERS IN QLD - 49 acres, well timbered; creek, electricity available. \$23,000. Box 395, NOWRA 2541 or phone 044-465-217.

UNIQUELY RENOVATED HOME on 154 acres; solar power, unlimited water from permanent creek, N-E aspect. Ideal for self-sufficiency or community; 70 miles from Melbourne near Heathcote; \$90,000. Vendors terms available. Ph: 054-255-541.

NORTH COAST, EUNGAI - 26 acres, highway frontage; 3 B/R home, all mod cons - fireplace, potbelly stove. Two dams, creek, bore, windmill, good pasture; 10 minutes to beach and town. \$90,000. Ph: 065-699-280.

GOLD MINING LEASE. Situated at Topaz, F N Q. Livable shack on 68 acres mostly rainforest, permanent running water. Gold and other minerals found there. Price \$22,000. Contact W.R. & F.M. Green, PO Box 207, ALANGULA GROOTE EYLANDT 5798.

2600 ACRES WINDELLAMA/GOULBURN 1½ hours Canberra. Miles of river frontage, slab house, gold diggings, dams, springs; \$91,000. Also 941 acres bush retreat Windellama/Goulburn. Creek, shed and dam; \$43,000. Also 1746 acres, quarter cleared, Windellama/Goulburn. Ideal investment/development property; \$54,000. Contact owner 048-912-287.

KURANDA, NORTH QUEENSLAND - 3½ acres tropical rainforest, very secluded; 10 minutes to Kuranda, 45 minutes to Cairns. Handy to school bus, phone and shop. Price \$15,000. Ph: 066-841-193.

THIRTY SCENIC ACRES next to lovely freshwater Brogo Dam, Bega. Electricity on property and neat 4-berth caravan, including tools and bee boxes. Ideal for home site, holiday property or hobby farm. Must sell, owners moved to Perth; \$32,000 ONO. Ph: 09-386-2668.

TASMANIA - 210 acres. Isolated valley near Mathinna, bounded by river, creek and state forest; 20 acres cleared river flats in pasture. Small comfortable log cabin. Has been partly chipped and needs someone to restore it. Price \$38,000. Ph: 003-532-153.

SUTTON GRANGE (BENDIGO): 12.6 acres in S H C L cluster development. Forced sale by founding secretary. \$10,000 ONO. Details Pridmore, 99 Southey Street, INGLEWOOD 3517. Ph: 054-383-140.

LARGE QUEENSLAND HOME on 2 acres in Eidsvold, approx. 130 miles west Bundaberg. Large fireplace, 4 B/R, office, cement paths, well-established trees, car shed, large 70-ft lock-up shed with cement floor easily converted to ranch-style cottage or craft workshop. \$30,000. Phone Cracow 34, ask for Maree.

BINGARRA NSW - one acre cleared, no buildings, bitumen road, all amenities available. Walking distance to town, clubs, shops, etc. Price \$3000. H. Grahame, 12 Watson Street, BELLBIRD 2325.

THREE CLEARED LEVEL ACRES with SEC, water, telephone passing on sealed road. Opposite Newtown primary school, 20 minutes to Ballarat; \$8000. Ph: 058-621-573.

NOOSA, QLD HINTERLAND. Settler's cabin, 2 titles, corner allotments; 3 entrances, roads throughout, terraced for avocados. Deep rich soil, lush rainforest, abundant wildlife, sheltered northerly aspect. School bus, phone, power periphery. Schools, hospital, shops 3½ miles; coast 10 miles; 17½ acres \$60,000; 12½ acres \$45,000; 5 acres \$30,000. Ph: 071-476-330.

**DEADLINES: GR 44 - JUNE 29TH
GR 45 - AUGUST 31ST**

QUARTER ACRE BUILDING BLOCK situated Billimari - 12 minutes drive from Cowra, NSW. All services available. Price \$1000 ONO. For urgent sale. G. & N. Townsend, PO Box 696, NHULUNBUY 5797. Phone: 089-872-685.

THIRTEEN ACRES RED SOIL undulating tropical fruit block, midway between Lismore (25 min) and Mullumbimby. Beaches handy. Established fruit trees include avocados, custard apples, etc. One to two acres bananas. Good water (creek), irrigation licence, 5000 gal concrete tank. Dwelling (large steel shed with concrete floor), water, electricity, prepared house site, easterly aspect, school buses, see please; \$69,500 ONO. G. Scheidler, ROSEBANK 2480.

TWO 9¼ ACRE BLOCKS, separate titles, building permits guaranteed. Both blocks have good access, excellent home sites, views, undulating land, and free use of huge community dam opposite. Block A - scattered trees and new large dam (full). Several young fruit trees. \$9500 neg. Block B - 3 acres natural bush, remainder cleared. Good run off for dam. \$7500 neg. Blocks are 4 km from Bealiba township and primary school; 100 km north of Ballarat, Vic. G. Connelly, C/- Post Office, AMPITHEATRE 3468.

NOOSA HINTERLAND - two modern brick houses, 4 B/R and 2 B/R on 2½ acres. Brick craft studio 27 x 15 ft, large dam, vegetable garden, fruit trees; ideal for two families or multi share. Close to Eumundi Market. \$16,000. G. Skeet, Lot 1, Nandroya Rd, COOROY 4563. Ph: 071-476-771.

BEAUTIFUL 164 ACRES, smallcrop soil, undulating to hilly, creek with watercress, dam sites, power, phone, better block building. Some timber with koalas, birds; 17 min rail, 20 min Gympie, situated in quiet valley. Suit tropical fruits or community living. Genuine reason for selling. \$70,000. Write to Box 192, GYMPIE 4570. Ph: 071-864-387.

CLASSIFIEDS

PROPERTY FOR SALE

SEVENTY ACRES UNDULATING grassland, with Brigalow tree belt through middle. Valley views for 60 km, 32 km from Ipswich, 15 km from Boonah. All fenced with permanent creek, 2 bores, 2 dams, tractor, stock, cowyard and 2-bail milking shed, seed shed, power, phone, water, school bus. Well-built cabin sleeps 6, electric hot water, laundry, bathroom, shower, gas stove, wood stove, furniture. Two metre garden fence, water pump, small fruit trees, lovely setting: \$90,000 ONO. Further information 075-635-855.

LARGE ATTRACTIVE W/B HOME on two acres in small town: sealed road to Bega, NSW. Five B/R, kitchen, living, dining, bathroom, hall and laundry. Fuel stove, open fireplaces, electricity and phone. Rainwater tanks and shared legal pump to permanent creek. Extensive flower and vegie gardens, many fruit trees. Ideal for craft shop; good half-way house for those wishing to make transition from city to country. Price \$45,000. Ph: 0649-42154.

TASMANIA - DERWENT VALLEY: 143 acres rugged bushland. Fully fenced, fantastic views overlooking river, township, distant mountains. Beautiful trees, cliffs, valley - even caves where Martin Cash (bushranger) hid out; 2 undulating clear areas (recent regrowth), raspberries once grown. Natural spring, electricity close; 1 km New Norfolk; easy commuting to Hobart (20 m by highway). \$23,000. Phone: 053-687-277.

MT BEPPO - 30 acres 1 hour Brisbane; 1 dam, 1 huge dam site and underground water, red scrub soil, market garden, mangoes, etc. all usable. Northerly aspect, beautiful views over D'Aguilar Range and Wivenhoe Dam; power to corner of block, selectively cleared and fenced, with improved pasture. We took 12 months to find this block, privately purchased, unfortunately have to sell; \$35,000 ONO. Phone: 07-370-7482.

TAMWORTH DISTRICT 115 acres. New 3 B/R brick home, river frontage, wood fireplace, air conditioned, verandahs, phone. Trellised 540 tree orchard of peaches, nectarines, apricots; trickle irrigation. First crop 1983. Situated on edge of Moonbi Ranges, 25 km from Tamworth. Price \$120,000. Ph: 067-673-615.

BELLINGEN, THORA VALLEY - hand-built solid timber home with block studio; 20 acres private river frontage. Beautiful. Phone: 066-558-588.

FIVE ACRES BEAUTIFUL DORRIGO Plateau. Fully fenced, permanent running water, electricity and phone available. Lovely outlook, some timber; 4 acres for growing. \$25,000. Contact John on 066-572-014.

SITUATED TENNANT CREEK NT. Industrial block of land, half acre freehold title; 240 v power, phone, sewerage. Two B/R flat, lounge, kitchen, bathroom. Hot and cold water, out-buildings, workshop, outside laundry. Chook houses, car port, established gardens and trees, town area. Price \$75,000 ONO. Ph: Wally on 089-622-476.

PRIVATE SALE OCEAN VIEW famlet. Bitumen road, town water, power and phone. Rich red soil, suit fruits or small crops. Spring-fed irrigation, overlooks Byron Bay hinterland. \$45,000. Ph: 07-207-3309.

TWENTY ACRES FERTILE RIVER flats in isolated friendly community. Well-established orchard, garden, fencing, farm sheds, bunkhouse; river frontage: \$26,000. Write to Swansons, GOONGERAH 3888.

TEN ACRES GRASS-ROOTS STYLE with a difference. Commute to town by boat. Only 10 minutes from Augusta, WA, fronting Swan Lake and approx. 500 m to ocean. Part cleared, fenced, windmill, small shed, phone, ideally situated for wind power. Great alternative lifestyle plus fishing, swimming, boating. Only block of its kind. Price \$60,000. Dick Stolp, PO Box 176, AUGUSTA 6290.

SIX ACRES. 4 km from Cobargo. Highway frontage, power on boundary; permanent springs, gently sloping land; rural views. School bus for local primary and high school (Bega); half hour from beautiful Bermagui. Price \$23,000. Also 100 acres adjoining - price \$62,000. Joe Golab phone 042-566-027.

SELF-SUFFICIENCY PLUS INCOME. Market garden 42 km Mitchell Highway north Charleville on Warrego River; 38 ac freehold (9 ac cultivated), 450 ac lease. House, 240 v generator, school bus, phone, fruit trees, 300 grapes, pump, irrigation. \$42,000. With full plant, 2 cows, 130 sheep, crops. \$51,000. Ph: 074-542-912.

KEMPSEY - 100 acres, main road frontage. School bus, two 3 B/R modern homes, 40 x 25 shed, two dams, 60 acres fenced, electricity, phones. Price \$120,000. Further details phone: 065-617-172.

BEAUTIFUL RETREAT WITH INCOME: 103 ha (250 ac) situated Uralla, NSW. Top grazing, fine soil, granite country. Two homes, outbuildings, industrial large 60 x 40 ft steel shed; well watered. Freehold; \$140,000. Ph: 067-787-158.

TWELVE ACRES OF BUSHLAND approx 40 km south of Gladstone. Full details with maps mailed to all enquirers. Price \$8 500. Reply to R. Cuff, 11 Broome Cr, YARRALUMLA 2600.

SUB-TROPICAL 12 ACRES, arable with trees, well watered, grow anything. Between Lismore, Murwillumbah, Kyogle, NSW. Lovely views to state forest and Nimbin valley. Pole shelter and watertank. One hour from ocean beaches. Ready to build on. Price \$39,000 ONO. A. O'Grady, C/- PO, NIMBIN 2480.

WILLIAMTOWN, NEWCASTLE - brick, tiled, Spanish-style home, double brick garage, separate carport; 3 B/R one with ensuite walk-in wardrobe, fireplace, Sydney TV; 2½ acres established vegie garden and trees, chook runs, spearpoint and town water. \$130,000. Ph: 049-651-409.

**DEADLINES: GR 44 - JUNE 29TH
GR 45 - AUGUST 31ST**

COLO HEIGHTS, NSW - 30 acres uncleared land, beautiful views. \$35,000 ONO. Phone: 02-587-2164.

ONE HOUR FROM DARWIN on Stuart Highway - 150 acres with permanent creek, good bore water, ideal for market garden, tropical fruit, mixed farm - anything. Grant in fee simple. No rates/restrictions; 5 km to PO, shops, school etc. Only \$80,000 neg. Ph: 089-622-071. Write Box 270 TENNANT CREEK 5760.

BUSINESS FOR SALE

BUDERIM MOUNTAIN NATURAL Therapy Clinic - est. 3 years. Swedish massage, herbal medicine, consultations, reliable clientele. Wonderful climate, creative, fertile, red soil area; \$18,000 WIWO. Lyn Brown, ph: 071-453-132.

PROPERTY WANTED

WANTED - approx. 5 acres (frost free) Sunshine Coast hinterland to build on and grow tropical fruit. Power unnecessary. No agents. PO Box 88, WAVERLEY 2024.

VICTORIAN BORDER TO Sunshine Coast hinterland - 2-40 acres, attractive with permanent water, creek, river, electricity, building permit. Details to Suffield, 27 Hollywood B/varde, PT LONSDALE 3225. Phone: 052-521-726.

BUILDING BLOCK WANTED Sunshine coast area, near town. Up to \$10,000 or thereabouts. No agents. Post Office Box 88, WAVERLEY 2024.

WANTED - SMALL ACREAGE on NSW coast, north of Grafton. Power preferred, farmability unimportant. S. Davidsohn, 15 Sandhurst Street, BULLI 2516.

WANTED TO BUY up to 100 acres with permanent water, some cleared area, mostly bush, East Gippsland-Bairnsdale area. We have about \$30,000 and a very urgent desire to leave the city. Any help would be greatly appreciated. Ken, Eve & Corey Bowen, 7/9 Wellington Street, WINDSOR 3181. Phone: 03-529-3495.

WANTED IN VICTORIA - 15-40 acres, mainly bush, with old house or suitable mud-bricks. Access to power and water. Cash to \$20,000. Contact Clarke & Lois, 60 Harris Road, BICTON 6157.

COMMUNITIES

WE HAVE 40 ACRES NATURAL bushland abutting Kinglake National Park, N-E of Melbourne, 15 mins drive to metropolitan train line. Land on north facing slope with winter creek. We are looking for two families to share the land. Our interests include yoga, growing food, self-sufficiency, herbs, building and child bearing. Shares are \$10,000 per adult or \$20,000 per family. Payment could be by deposit and regular payments. Contact Kevin & Sharyn Taylor, Wild Dog Creek Road, ST ANDREWS 3761.

SHARES AVAILABLE - Byrrell Creek in beautiful Tweed Valley, 20 minutes Murwillumbah. Stunning views, close by Mt Warning. Creek frontages, quality grazing land, forested slopes. Land owned by company, each shareholder a director. Shareholders have sole rights to their lot: all lots surveyed. Price \$15,000 includes internal accesses. Contact Mick Cahill, C/- PO, UKI 2484. Ph: 066-797-184.

ONE-SIXTH SHARE of 750 acres available near Taylors Arm. Includes mudbrick shelter, tanks, stove, dam, tractor - \$16,000. Without tractor - \$14,000. Ph: 02-732-577 Mon. to Fri. after 6 pm.

PEOPLE FOR COMMUNITY LIVING on 53 acres in the country. School bus close by. Ring Carmel or Luke on 076-950-191 after 6 pm or write Renes, C/- PO, LEYBURN 4352.

CLASSIFIEDS

COMMUNITIES

FOUR SHARES AVAILABLE on 560 acres for kibbutz-style commune, situated 26 km north Comboyne. Plenty of potential, water, timber, scrub, etc. Prefer vegetarians, no drugs, people aiming towards self-awareness as well as self-sufficiency; \$19,000-\$25,000 including bulldozer, tractor, etc. Finance at 25% deposit possible. Dhiren & Deepam Howarka, 11 Buxton Place, TURRAMURRA 2074. Ph: 02-447-502.

SHARE IN FARMING COMMUNITY on 180 acres - partly forested land with river, 40-min drive N-E of Taree and the sea. We are a farming community seeking to find balance and harmony with ourselves, each other, the local community and environment. Share is \$5560. Write to Lindsey Baudinet, 169 Evans Street, ROZELLE 2039. Ph: 02-818-4076.

TEN-ACRE SHARE FOR SALE on 1300-acre property of 20 shareholders, established 9 years. Backs onto national park and state forest, 80 km west of Maryborough. Share includes cottage, gardens, tanks, dams. Price \$18,000. Janis Mebalds, Utopia Environmental Reserve, PO, BROOWEENA 4620.

PERSON/PERSONS WANTED to take up one-third share in 17 ha on the Tarwin at Mirboo in South Gippsland. Cleared with dams, habitable shed, sheep, fruit and nut trees. Ring John Briton on 03-386-6673 for details.

KINKIN QLD - LAND SHARES. Quarter share in 40 acres. Permanent tree-lined creek, balance cleared but pastured. Northern aspect, good soil, ideal building sites. Price \$15,000. Write MS 624, Traveston via GYMPIE 4570 or phone 02-358-5452.

BILLEN CLIFFS, NSW - between Nimbin and Kyogle, share including legal title to own 2 acres plus share of 550 acres for sale; \$8000. Joh Bornman, Box 890, BROOME 6725. Ph: 091-921-053.

NIMBIN LAND SHARES - 170 acres bordering Nightcap National Park. Priced \$5000-\$10,000 for about 3 acres personal use plus 100 acres communal. Pure creek water and all weather access to site. Contact Brian Solomon, Blue Knob Road, NIMBIN 2480. Phone: 066-897-330 or Terry 07-370-2550.

DORRIGO PLATEAU - two shares in 120 acres, 10 km from Dorrigo. Rainforest, open bush, some cleared, river, beautiful views, good home sites with caravan and water. One fenced with orchard. Steiner school in town. Seven shares in total; \$12,500. Post Office Box 5, DORRIGO 2453.

SHARE FOR SALE in co-op of 8 people on 83 acres land, Neerim East, 1½ hours drive east of Melbourne. Views of Baw Baw Mt, Tarango. Land is 50% bush, 50% cleared, with 2 boundaries state forest; 20 min walk La Trobe River. Has permanent creek, dam, well-equipped bungalow. Aim to build community house. Members have various interests. New ideas welcome. Cost of share \$6000. For more info ph: 03-481-1287.

SMALL COMMUNITY IN BEAUTIFUL Tasmanian mountain valley is looking for new members with children. Write to June, Post Office, MEANDER 7304.

SHARE IN ESTABLISHED COMMUNITY near Warwick. Attractive mudbrick cottage, 3 tanks, pump, combustion stove, permanent creek, mountain views on 278 acre farming land. School bus at door. \$25,000. Gaye M. Samson, 94 Pratten St, WARWICK 4370.

ONE SHARE REMAINS (six already taken) in our mountainous 300 acre private valley on N-E slopes of Mt Warning. Price \$15,000. Property is well watered, well timbered, fertile and borders national park. Telephones are connected, but electricity is not; 4WD vehicle essential. Shareholders are tolerant, cosmopolitan bunch of people who will give every assistance to newcomers. Contact David Butler, 'Derrilun' Eungella via MURWILLUMBAH 2484. Ph: 066-793-266. An answering machine may take your call.

SINGLE MALE (38) interested in any communities in Tasmania that are looking for another shareholder, and/or persons with thoughts of living there. All letters answered. Please give details. G. Stuart, Post Office Box 509, WODONGA 3690.

SHARES AVAILABLE IN NORTH QLD company. Land situated near Malanda, Atherton Tableland; 125 acres red volcanic loam, 35 acres rainforest, remainder cleared and semi-cleared, permaculture ideals - commercial outlook. Five units maximum shareholding 6-month trial period before signing but short-term leases available. No accommodation, no power (yet), extremely fertile soil, permanent water. Price negotiable but approx. \$15,000. Tim Cartland, PO Box 352, MALANDA 4885.

LAND LINK

COUPLE AND SEVEN CHILDREN want to caretake property. Must have house or shed with electricity and be able to run approx. 40 goats. Will also look after owner's livestock. Inland NSW preferred. Ron & Joy Foot, 'Footsolly', 22 Mirrool St, ARDLETHAN 2665.

ACCOMMODATION FREE to compatible grass-roots-type person/couple, who appreciate joys of life in semi-tropical climate. Work with non-smoking, active, retired couple in happy relaxed atmosphere, sharing maintenance and production of acre organic property; fruit trees, chooks. Enquiries briefly stating details to Lorna, 27B Kers Lane, NAMBOUR 4560.

TAUREAN GUY (25) seeking opportunity to work and help out on your farm in exchange for food and board. Maybe share rent. Limited farming experience, except vegies and chooks. Eager to learn. Maybe caretake farm at later date. Prefer Qld or northern NSW. Write Wayne Edginton, 61 Main Street, PIALBA 4655.

**DEADLINES: GR 44 - JUNE 29TH
GR 45 - AUGUST 31ST**

EXCHANGE 2 B/R FURNISHED self-contained holiday flat, south coast NSW at Burrill Lake for acreage to value of \$55,000. Offers to J.W. Looker, 5 Tabor Street, GLENBROOK 2773.

COUPLE WITH SOME FINANCE and lots of practical skills looking for land in northern NSW or like to share with others in loose neighbourly, undogmatic community. Kaulmann, 3/65a Elizabeth Bay Road, POTTS POINT 2011. Ph: 02-356-3936.

CARAVAN AND 40 ACRES; vegies and chooks; free firewood; cheap milk and mountain water (well); phone (June), power, dam, secluded, sea 25 miles. Christians preferred.; \$250 per month. Spriddell, C/- PO, SHEFFIELD 7306.

OPPORTUNITIES

COUPLE CAKETAKE FOR RENT - 50 acres organic farm close Brisbane. Secluded, electricity, irrigation, animals. Permanent. Farm, mechanic experience helpful. Ph: 071-429-338.

HAVE THE IDEAL SITUATION FOR HEALTH RESORT - mid NSW, property paid for; need help with finance. Partnership - anyone interested write 3/24 Errol Avenue, PARADISE POINT 4216.

HELP WANTED. I have 500 acres of bush with a slate mine and I need someone to help mine it for a share of the profits. There is also other work - cutting trees and loading old railway sleepers for which you are paid by the day. You can live on the 500 acres and have some chooks and a garden. You would have to build your own hut but I can help. Please no drugs. Write to L. Byrnes, Post office Box 64, WEETHALLE 2669. Ph: Weethalle 90 at night.

TEACHER - small pioneering Steiner school cannot grow without another teacher - primary-infants. Accommodation available town/country. Write to Plateau Steiner School, DORRIGO 2453 or phone 066-572-076 evenings.

ALTERNATIVE LIFESTYLE offered to person or persons with own caravan and transport on a property in return for odd jobs. Good life for the right person/s. Write to Caretaker, Box 24, VERVALE via GARFIELD 3814.

NEEDED: YOUNG COUPLE to help family establish farmlet NQ, building dams, sheds, tanks. Remote, forested, warm, peaceful valley. Neat caravan accommodation exchanged for labour. Write with personal details to Colin Fryer, Box 175, HERBERTON 4872.

UNIQUE JOB OPPORTUNITY for physiotherapist interested in alternative lifestyle. April 1983 I was in a motorcycle smash and incurred brain-stem damage which left me an incomplete spastic quadriplegic, but I am confident of complete recovery. At present I'm working towards using a walking frame. I spent 3 months in Royal Adelaide Hospital and 3 months in Hampsted Centre. I am presently living happily with a friend in Wyalaliba commune. My progression is steady but would improve with the help of a physio for regular exercise. Hours and pay fully negotiable. Cathy O'Reilly, C/- Wyalaliba, Old Grafton Road, GLEN INNES 2370.

YOUNG GIRL wishes to start business but needs assistance from other businesses willing to supply goods on consignment to help get started. Leanne Otto, Post Office, HELIDON 4344. Ph: 076-976-141.

HUSBAND/WIFE (with baby) seek position as cooks. Prefer wholesome food, will consider anything. Looking to live on coastal NSW (rural). Both trained and looking for something different. Phone Annette or Duncan on 02-371-9420.

WANTED - someone or a co-operative group to distribute/wholesale our vegetarian recipe booklets. Sales in the UK in the 100,000s. Contact Lifespan Community, Townhead, Dunford Bridge, Sheffield S30 6TG, ENGLAND.

CLASSIFIEDS

OPPORTUNITIES

SELF-MOTIVATED SINGLE or mother to join in art craft-herb co-op. Finance sep. Quiet, cosy rooms, electricity, bath, fireplaces, sink, town water, vegie garden space. PO market, bus, school 2km; rail 3 km; Maitland or Singleton 25 km. Write birthday/age to M.K. Wuellner, 85 Wyndham Street, GRETA 2334.

SERVICES OFFERED

FASTING FOR HEALTH and longevity, rapid natural weight reduction, body rejuvenation, sunbathing away from city smog. Also T.F.H. energy balancing, food allergy testing, stress management, sporting injuries, nutritional guidance. For booking and more details write to 'Koorringal', **THREE BRIDGES** via Yarra Junction 3797. Ph: 059-667-296.

DO YOU TAKE RESPONSIBILITY for your own health? Take a 12-hour Touch For Health class and learn how to use energy balancing to help yourself, your family, and friends. For further information contact the Secretary, Touch for Health Association, 2/138 Kilby Rd. EAST KEW 3102. Ph: 03-859-2254.

SMALL FARM ADVISOR: a service for non-professional farmers and people aiming for self-sufficiency. For ideas, advice, design and layout, management or particular skills, contact Dick Austin. Ph: 03-712-0371. Turn the dream into reality.

THE PRIMAL PLACE is a group of people who have primaled (felt) their way beyond the limitations of therapy. A way into the unconscious to end suffering and be truly conscious. Feel the *real* you. An offer of an environment for self help, self learning, self-healing and spiritual exploration from a self-primaler. A way of life through primal; peace, harmony, contentment, serenity. There is another way to 'be'. Write to The Primal Place, 4 Laurina Court, PO Box 67, DOVETON 3177. Ph: 03-792-9736.

TAROT CARD READINGS—by mail. Send \$15, lock of hair, recent photo, date of birth. **BACH FLOWER REMEDIES**—by mail. Send \$12, lock of hair. Hellen Fraser, Rainbow Health Centre, 42 Bulcock St, CALOUNDRA 4551. Ph: 071-915-871.

PERSONAL BIO-RHYTHM CHARTS printed by computer showing emotional, physical and intellectual cycles; 200-day charts \$8, 400 days \$12, 800 days \$20, posted. Explanatory notes included. Send full name, address and date of birth (block letters) to Bio-Charts, PO Box 115, CLEVELAND 4163.

LUNAR FERTILITY CONTROL—natural family planning based on angle between the sun and moon at your birth. For information on method and your fertile times send \$5 for 12 months, stating date, time and place of birth to Nadir Martello, PO Box 863, ATHERTON 4883.

BIORHYTHMS—PERSONALISED charts calculated for 12 months with full explanation. Send \$10 plus year and date of birth to Shane Chester, 2/90 Coogee Bay Rd, COOGEE 2034.

HEALTH & WHOLISTIC CONTACTS (Australia). Postal introduction service exclusively for adults into alternative healing, meditation, herbs, conservation and personal growth. For all alternative thinking people, especially the unattached. Sae, Box 898, VALLEY 4006.

NATAL HOROSCOPES INTERPRETED. Include any questions or problems. Send place, date of birth, and time (if known); \$15.00. Bruce Dwyer, PO Box 197, CORINDA 4075.

GARDEN AND ORCHARD

HERB FARM—over 200 varieties of culinary, fragrant, medicinal and old-fashioned herbs available. Retail and wholesale, will rail anywhere. Open to visitors Fridays, Saturdays, Sundays. Send for free catalogue to Herb-It Farm, 71 Old Toowoomba Road, ROSEWOOD 4340.

ARE YOU INTERESTED IN SWAPPING your seeds for any of the following: asteracea (Darwin lettuce), sword bean (climbing), chick pea, Red Land Long White cucumber, yellow egg tomato, small amount non-hybrid sweet corn, Indian climbing spinach, Indian cream melon (cobra melon), Florence fennel, round flat paw paw pumpkin, tamarillo (tree tomato), Chinese mustard, luffa, Limelight lime bean. We also have seeds to sell. Contact Myrtle Charteris, Brisbane Organic Growers' Group, 34 Heaton Street, ROCKLEA 4106.

LIQUID SEAWEED for healthy plants. Maxicrop 100% organic liquid seaweed provides over 50 minerals, trace elements and natural growth promotants essential for balanced, healthy plant growth. Suitable for all plants. Available Australia-wide in 250 ml bottles to 20 l multiple concentrate. For brochure and nearest stockist phone Kelp Commodities on 03-720-2200 or 02-428-5553.

ASPARAGUS CROWNS, 20 crowns min. \$9.80 p&p; Jerusalem artichokes, 6 tubers, \$6 p&p; dandelion seed (84), sachet ample, \$3 p&p. (Refer GR 38 for know how.) Comfrey rootstock peren. \$4 p&p; aloe vera 2-y-o, suckers freely \$4 p&p; leek bulbs peren. 2 cm diam. grow at once and know how \$4 p&p; yarrow rootstock peren. and sachet plantain seed (84), the fly killers \$4 p&p; lemongrass roots, peren. — tea lowers blood pressure, \$3 p&p; lemon balm roots, peren. — tea dissolves stones fast, \$4 p&p; chamomile roots, creeper peren. strong stone dissolver, \$3 p&p; stinging nettle roots, peren. and know how; best blood cleanser \$3 p&p. M.K. Wuellner, PO Box 34, 85 Wyndham Street, GRETA 2334.

FRUIT 'N' NUT TREE FARMS. Our trees are grown on the Snowy River flats of East Gippsland. We are a small concern catering for mainly GR-type people. No chemical sprays are used on our trees which include a large range of budded or grafted fruit trees and a smaller range of nut trees. Our 1984 catalogue is now available. Please send 30¢ stamp to Fruit 'N' Nut Tree Farms, Box 9, BUCHAN 3885.

ALOE VERA PLANTS FOR SALE — \$3 each, postage included. Mrs C. Williamson, MS 541, Sharon, via BUNDABERG 4670. Ph: 071-799-486.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS. Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed by Housewives Association'. Write for catalogue to Retsel Distributors, PO Box 712, DANDENONG 3175 enclosing 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

GIANT RUSSIAN GARLIC cloves 10 cm diam. in one season's growth; 30 cloves family supply and know how \$16.60. Russian garlic corms in two season's growth 10 cm diameter, \$9.80 per hundred plus know how. Garlic cloves (Californian Fondovita) sell for planting \$9.00 per 100 with know how. Plaited garlic Fondovita: 12-16 bulbs per plait, 5-6 cm diameter — eating/storing quality, keep for 10 months, \$6.80 per plait includes post and pack; 3 plaits ample for family. Refer to GR 42. M.K. Wuellner, PO Box 34, 85 Wyndham Street, GRETA 2334.

ORGANIC FRUIT AND VEGIES, rice, grains, nuts and sun-dried fruits. Aironic air ionisers, all-pure water filters. Samap and Corona grain mills, bread tins, stone-ground flour, herbs, books, gifts. All natural health foods, solar toys, free-range eggs, aloe vera, garlic and herb plants. Back to Earth Naturally, 173 Victoria Road, GLADESVILLE 2111. Ph: 02-893-335 Tues. to Sat.

KEFIR FUNGI sent per air mail within Australia: in milk, ready to use. One litre \$6.00 including postage. M.K. Wuellner, PO Box 34, 85 Wyndham Street, GRETA 2334.

LIVESTOCK

DONKEYS — TUITION AVAILABLE in donkey selection, care and training. Wide range of donkeys for demonstration and practise. Donkeys are useful animals as well as enchanting pets. Jenifer Simpson, Booloolumba Creek, MALENY 4552. Ph: 071-460-920.

TWO DONKEYS FOR SALE — \$100 each. One jenny (8), 1 gelding (4½). Both good with children. Jenny particularly gentle, gelding rideable. Reluctant sale due to moving into city. Tasmania ph: 003-281-280.

CLYDESDALE HORSES FOR SALE. Reg. stallion (4 yrs) \$2500; reg. filly (18 mths) \$2000; reg. mare in foal to reg. stallion (5 yrs) \$2500; unregistered mare in foal to same (12 yrs) \$2000; unregistered filly (7 mths) \$1000. Also an amount of harness, hitches and implements. P. Bennett, C/- PO, ELANDS 2429. Ph: 065-504-540.

GOOD WORKING DONKEYS and very nice foals for sale at The Roaring Lion Donkey Stud at Undalya via Auburn. Advice regarding handling and care will be given. For information ring Auburn (M) 088493 and ask for 149.

CLYDESDALES FOR SALE. Well bred, various ages. Also harness and equipment available. Rhine Valley Clydesdale Stud, SPRINGTON 5235. Ph: 085-682-069.

FRIESIAN AND JERSEY HEIFERS — quiet, make good house cows. Delivery available. Ph: 059-649-262.

TO RENT

WANTED TO LEASE — farmhouse with acreage for cash cropping in NSW, Qld. Any help would be appreciated. C. Fisher, C/- 13 Stanley Street, BRUNSWICK 3056.

LADY WISHES TO RENT farm cottage close to large country town or will consider light housekeeping position for senior person. Mrs F. Woodcock, 43 Robert St, PENRITH 2750.

BETWEEN COFFS AND GRAFTON, 132 acres, halfway creek, 15 minutes coast. Small hut, vegie garden, lightly timbered, fenced, permanent creek. Environmentally conscious only please; \$45 p.w. neg. Ph: 02-665-4581.

CLASSIFIEDS

HANDCRAFTS

NATURAL PRODUCTS: raw materials for making essential oils, gums, balsams, extracts, natural chemicals, perfumes etc. Ideal for all soap, cosmetics and household formulas. Native plant products available. Formulations to your specifications. For free product list, literature search facilities, and consultation, write to Australian Botanical Products, PO Box 187, RICHMOND 3121.

LEADLIGHTS – new and repairs. Qualified craftsman. Traditional, modern, any design made to order. A.H. phone Mornington 059-754-694.

NEW ZEALAND READERS – potpourri supplies. Enquiries sae to 'Spices', PO Box 20281, Glen Eden, AUCKLAND.

AUSTRALIAN BUSH HATS: genuine hand-stitched leather hats, wide brims, are available from me, posted anywhere in Australia. For more details write enclosing sae to M.B. Richards, C/- Post Office, IMBIL 4570.

WOOL – TASMANIAN HANDSPUN. Disposal sale of large quantity exceptional quality; beautiful natural colours; \$6.50/100 g plus postage. No minimum order. Sample card \$1.00. Harmony Hollow Wools, PO Box 9, RIDGLEY 7321.

WEAVE CLOTHES, GIFTS with Richmond Cottage Colonial loom. Double shed 56 cm wide, heddle, shuttle, beater-comb included. Portable, suit traveller, students, beginners; \$39 each (p & p \$5). Also warping frames \$25 (p & p \$4); standing tapestry frames \$35 each (p & p \$5). A.M. & S., PO Box 163, DRUMMOYNE 2047.

POTPOURRI AND SACHET SUPPLIES. Comprehensive range of all basic materials for potpourri and sachet work – flowers, herbs, spices, fragrant and essential oils, books, etc. Small to large quantities, retail or wholesale. Wholesale starts at 1 kg. Very reasonable rates. Write for free catalogue to Potpourri & Sachet Supplies, PO Box 148G, PASCOE VALE SOUTH 3044. Phone: 03-386-2107. 9.30 am to 9.30 pm.

PUBLICATIONS

CRAFT BOOKS. Stockmens Plaited Belts, 28 p, 90 drawings, \$3.50. The Secret Plait, 16 p, 70 drawings, \$2.50. Whiplashing, 16 p, 80 drawings, \$2.50. Counterlining Stock Saddles, 16 p, 35 drawings, \$2.50. Leather Lacing Manual, 16 p, 127 drawings, \$2.50. Plaits Round and Flat, 20 p, 175 drawings, \$2.50. Saddle Repairs, 20 p, 35 drawings, \$2.50. Postage on these books 45¢ a book or up to 8 books for \$1.50. Making a Stock Saddle, 120 p, 260 drawings, \$7.95 plus \$1.50 postage. Mudbrick and Earth Building the Chinese Way by Ron Edwards and Lin Wei-hao, 157 p, 400 drawings, \$12 plus \$3.90 postage (all the books can go for this same postage). Ron Edwards, The Rams Skull Press, Box 274, KURANDA 4872, or order through your craft or book shop.

COMMON GROUND – quarterly publication containing lists of individuals and groups around Melbourne offering goods and services connected with personal growth and well being. *Common Ground* is free, but donations are gratefully accepted; mail subscriptions \$4 per year. Danny Spijer, 23 Driffield Crescent, SASSAFRAS 3787. Ph: 03-755-1003.

KINDRED SPIRITS QUARTERLY – eco-pagan journal presenting modern paganism and environmental consciousness through such interrelated subjects as earth-magic, ecology, shamanism, healing, folkways. Annual sub. \$4, single issue \$1. K.S. Quarterly, PO Box 101, BEGA 2550.

BANKSIA BOOKS – send sae for *Book Choice Review*, our interesting, informative newsletter. Children's, educational, general, fiction books by mail order. PO Box 59, HAZELBROOK 2779.

CHRISTIAN CORRESPONDENCE available. Information centre to answer questions and receive your views. Questions about salvation, creation, endtime, etc? Write us. Bisti, Box 709, GRAFTON 2460.

A SLICE OF HEALTH – school lunch-box cakes; wholemeal flour, fruit, nuts in all recipes. Booklet \$2. Lesley King, Post Office Box 28, WONDAI 4606.

PHOENIX NEWS – South Australia's New Age magazine, published monthly. Moving with the New Age; \$10 for 12 issues. Your support is appreciated. Send to PO Box 180, KINGSWOOD 5062. Ph: 08-277-3197 AH.

ENJOY A NEW HIGH WITH LOVE. Improve the quality of your life. Reconstruct your strained relationship or marriage. How? Read *The Lost Philosophy of Love* by Roy Victor Love. This is a clean, simply written, non-political, non-religious, colourful, attractive and educational booklet, suitable as a gift to readers of any age. Price \$4.00 posted (surface Aust. NZ). Love Publications, 43 Didcot Street, KURABY 4112.

ELLEN G. WHITE. a modern-day prophet received the answers to questions that perplex many people. Questions such as, 'Will civilisation end in nuclear war?' 'Is there life after death?' 'Is there a devil?' 'Where is God when good people suffer?' *The Great Controversy*, one of her major works, presents behind-the-scenes revelations that are vitally important to every person. For your post-paid copy send \$2 to A. Zujic, 88 Brown Street, DUNGOG 2420.

GYPSY COOKBOOK – natural food recipes; **GYPSY STORYTELLER** – Romani stories, folklore; \$4 each, post free if payment with order. Many others; ssae for list. Good Book Service, PO Box 449, ASHFIELD 2131.

FIBRE FORUM is the tri-annual magazine of the textile arts in Australia. Subscriptions in 1984 are \$13.50. Articles on all aspects of textile expression, many of them practical. For sample copy of magazine (\$3.00 post paid) write to The Australian Forum for Textile Arts, PO Box 77, University of Queensland, ST LUCIA 4067.

MISCELLANEOUS

HERBALIFE PRODUCTS – the natural alternative. Natural herbal products, aloe vera juice, aloe vera gel, life wine, cell-u-less vitamin and mineral formula. R. Sansom, 14 Barrie Close, WILLIAMTOWN 2301. Ph: 049-651-439.

QUIRKS 110 VOLT DC WIND generator for sale (conversion equipment available from Quirks for 240 volt AC). New; still in original crate; \$4800 (new price \$5800). Further information phone 076-834-200 or write to Vini Raccanello, PO, SEVERNLEA 4381.

12 VOLT APPLIANCE CATALOGUE. Items include rechargeable torch \$15.95; DC plugs and sockets; drill; soldering iron; fluorescent lights; DC motors, deep-cycling batteries; solar/wind power systems; electric fence kit; inverter; low-voltage cable selection guide. For free catalogue send name and address to 'Sunstream', 17 Giselle Avenue, WYOMING 2250.

WIND GENERATOR 50V DUNLITE four-blade 1 kW, completely reconditioned. New blades and hub, includes cradle and tower top section. Genuine good unit. \$1100 ONO. Ph: 062-363-210.

RED WRIGGLER EARTHWORMS will convert all kitchen, garden and animal wastes into perfect topsoil, doubling their population in 10 weeks while cutting composting time in half. Prices are \$9 for 500 worms or \$16 per thousand which includes freight and instructions. Valley Earthworms, PO Box 324, COFFS HARBOUR 2450. Ph: 066-533-788.

TWO INCH ONGA PUMP, 5 hp, B & S motor; pickup and fire-fighting hoses. As new. Cost \$500 will sell for \$350; 3 P/L super and manure spreader, 400 kg capacity, used once. \$400 ONO; 1960 Commer truck, petrol motor, good tray. Needs little work; 12 months reg. \$1500 ONO. Ph: 054-724-156 evenings.

NAMETAPES WOVEN – 10 mm (3/8 in) wide for clothes etc. Permanent and washfast. Money-back guarantee. Blue or red; 4 doz \$13.65, 6 doz \$14.90, 12 doz \$19.45, 18 doz \$23.00. Mailed 14 days. Namemakers GR, 5 Grange St, TOOWOOMBA 4350. Phone order 076-325-378.

TAOWIND CRYSTALS. Finest Austrian crystals are a perfect rainbow gift for friends or for yourself. Hung in sunny spaces they create dancing rainbow spectrums throughout the room. Beautiful as jewellery, meditative focusing and as pendulums. Many shapes including spheres, teardrops, pentagons, octagons, stars, crystal balls and pyramids available. Shop enquiries also welcome. For catalogue send sae to Taowind, PO Box 129, BELLINGEN 2454.

NAMETAPES PRINTED. For marking clothes etc. Washfast 12 mm (1/2 in) wide. Iron-on/sew-on; 7 day despatch. Single line 25 names \$8.60, 50 \$10.50, 100 \$12.60, 200 \$16.80; 2 or 3 line name/address 100 \$14.85, 200 \$18.85. Black or red. Bankcard welcome. Namemakers GR, 5 Grange St, PO Box 604, TOOWOOMBA 4350. Ph: 076-325-378.

FENCE AND TREE PULLER. Complete set of construction drawings, photos and instructions. This implement, mounted to 3-point linkage of any tractor, removes posts or trees in about 45 seconds without getting off tractor. Can be built by any handyman welder for around \$45. Send M/O for \$12.50 to G.M. Walter, Old Copmanhurst Road, GRAFTON 2460.

EARTHWORMS FOR HEALTHIER plants. vegies. Buy fast breeders and turn all your organic waste into rich fertiliser; \$8.50 – 500; \$15.00 – 1000 (post incl.). Air mail \$1.00 extra. Leaflet included. Coopers Worm Farm, Turners Flat, via KEMPSEY 2440. Ph: 065-617-112.

WANTED TO BUY OR EXCHANGE: old cigarette packets, comics, Weetbix folders and cards by non-smoking nostalgia nut. Brian Connert, 19 Tropic Drive, SMITHS LAKE 2428.

CLASSIFIEDS

MISCELLANEOUS

RUN WATER PUMP FROM DEAD CAR. Instructions and photos on how to run any size piston or centrifugal water pump, generator, saw bench, etc. from any unregistered old car. Can be built by almost anyone. Send money order for \$10.50 to G. Walter, Old Copmanhurst Road, GRAFTON 2460.

WIND GENERATOR SYSTEM DESIGN manual, 100 pp includes work sheets and data annex. Enables full site evaluation, needs analysis and system selection. Send \$50 to ESI, PO Box 440, CANBERRA 2601. Ph: 062-363-210.

INSTRUCTIONS AND PATTERNS wanted for erecting tepee-type structures which can be dismantled easily. Write Edna Kurz, C/- Post Office, MALLACOOTA 3889.

WANTED: STEAM ENGINE to power generator. Sue Kessler, C/- Post Office, ESK 4313.

CONTACTS

I HAVE SMALL PRETTY FARM in interesting community. Grass Roots widow, medium build, late sixties, pleasant, find I can't work or live alone. Would some male, 70 or over, like to share slow, working/living arrangement? Reply PO Box 1649, Northgate PO, HORNSBY 2077.

QUIET 37-YEAR-OLD professional lady, non-smoker, eccentric and reclusive, seeks male friend similar. Taller than 5 ft 6 in. Interests universal consciousness, psychology, astrology, geology, permaculture, art, writing, classical music, friends, UFOs. Please reply to Suzanne, PO Box 707, KALGOORLIE 6430.

COUNTRY MAN (54) WITH FARM, Nowra area, new house, ute, and attractive lifestyle - fishing, beach trips, boating, camping, seeks lady (children OK). Must be interested in quiet country lifestyle. Laurie, C/- PO Box 900, SHEPPARTON 3630.

NEWS MEDIA PHOTOGRAPHER, divorced, heading back home to S-W WA in search of better lifestyle, seeks slim female to 40 years to share new life, child OK. Spent first 18 years of my life on farm so would prefer GR woman interested in handicrafts, psychic healing. Kevan Evans, C/- Post Office, ELTHAM 3095.

SINGLE MAN IN 30s with own 15 acres in hills N-W of Melbourne; shack, hot and cold water, generator, walking distance to shops. Wish to meet female companion interested in country life, not running around. No drugs, social drinker, age approx. 20-40. Permanent relationship if suited. Please write to Country Lad, C/- Box 900, SHEPPARTON 3630.

SINGLE MOTHER (31) seeks child-loving, courageous man, keen to share trials and joys of family life with two young daughters. I love to share mind and heart, explore esoteric teachings and psychological world. Janet Turnbull, 11 Black Street, BELLINGEN 2454.

SECURE SINGLE MALE (40), healthy, adventurous, humorous, seeks female to participate in selection and habitation of hobby farm around Tamworth. Like music, reading, wine, food and sport. Quite normal really. Peter, 2/80 Belmore St, TAMWORTH 2340.

GRASS ROOTS REFINED LADY, 44 years young, wishes to meet gentleman farmer. Write PO Box 773, RINGWOOD 3134.

WIDOW EARLY 40s wishes to correspond view friendship/permanent relationship with honest non-drinking gentleman with good sense of humour, love of country living and a realistic approach to life. This lady is down-to-earth, non-fanatical, fun loving and practical. Beverly, C/- PO, GYMPIE 4570.

COMPANION WANTED by lonely male (50). I am at present establishing myself in a communal farm outside Glen Innes in NSW, my small house now being at an advanced stage of completion. I am not into drugs, excessive drinking, religion or the occult. I enjoy good music and good conversation and I am told that I am a very kind person. I would prefer someone in my age group, any origin; a down-to-earth person capable of a simple lifestyle and with no major hang-ups. I aim at a long-lasting relationship that grows with time despite the inevitable ups and downs. Reply to George Kokinakis, PO Box 178, GLEN INNES 2370.

GAY MALE MID-30s, living in Gympie area. Open-minded GR, likes alternative living, meditation, vegetarian, no drugs. Would like to hear from any others with similar interests. We could form a small co-op, buy land, or just help each other. Write to SBRF, Woodum Road, M/S 624, WOODUM via GYMPIE 4570.

TRAVELLING COMPANION. Single male (40) seeks female companion for Aust-wide campervan travel 1985. Ian Yerbury, 24/132 Wallis Ave, STRATHFIELD 2135.

MALE (35) WITH 200-ACRE bush block, southern NSW, seeks companionship of attractive slim ladies under 25, who would like to share in farm chores and home crafts. Reply C/- Des Sharp, 'Deliverance', Post Office, BIBBENLUKE 2632.

ACTIVE, ATTRACTIVE INTELLIGENT lady (45) with property north coast, NSW. Non-smoker, light drinker, sense of humour, enjoys country lifestyle, horse riding, music, reading, keeping fit. Seeks intelligent sincere male companion. Jo, C/- Box 900, SHEPPARTON 3630.

SINGLE VIRGO WOMAN wishes to meet single Cancer, Scorpio man, born in years of monkey, snake, rat or rooster. Must like children, birds, animals, be a non-smoker, non-drinker (social drinker OK), and not into drugs. Robyn Parkins, C/- 'Laloma', MANILLA 2346.

VEGETARIAN GUY (28) finding it hard to meet vegetarian lady. Love windsurfing, skiing, outdoors and crafts. Write Tony Martineer, 7/14 Colin Street, LAKEMBA 2195.

FEMALE TRAVELLING COMPANION - young single woman intending travelling to Asia, Nepal and India later this year wishes to meet another young woman to share experiences and friendship. Flexible itinerary. Would love to hear any ideas. Write Maree Kennedy, 56 Northcote St, HABERFIELD 2045.

TALL SLIM GR MALE (40), with own home and land, seeks warm loving lady with view to permanent relationship. Ph: 02-653-2354.

COURSES

PERMACULTURE DESIGN COURSE - July 21-August 4. This will be held in Sydney and will be taught by Bill Mollison. For further information contact Alice Weisz, 1 Marana Road, NORTHBRIDGE 2063.

MUDBRICK COURSES July 14, 15 and 28, 29 at Stroud NSW with Kevin Osmond, builder of mudbrick monastery at Stroud. Covers all aspects of mudbrick making and building. Fee \$55 includes main meal and film on Saturday night. Bring your own camping gear or stay local pub. Early enrolment essential as previous courses were heavily booked. Kevin Osmond, PO Box 16, STROUD 2425. Ph: 049-945-233.

PERMACULTURE DESIGN COURSE: 12-26 June 1984; Mapleton Conference Centre, Mapleton via Nambour, Q. The course will involve all aspects of Permaculture Design and Principals in urban/rural/village situations in theory and practice, and will be held in an area of high-permaculture activity. Possibility exists to visit permaculture properties during or after the course. Contact Kim Christie/Max O. Lindegger, MS 956, Mapleton Falls Farm, MAPLETON 4560.

PERMACULTURE DESIGN COURSE New Zealand - 27th August to 9th September. Held near Auckland. Aim: to teach people to become permaculture consultants, or simply to design their own property. Lecturers: Max Lindegger, Lea Harrison. Inquiries: Jonathan Toye, 27 Paice Ave, Mt Eden AUCKLAND NZ.

MUDBRICK WORKSHOP SEMINAR: day course, theory and participate mudbrick making and laying. Inspection beautiful adobe home. Home cooked meals all inclusive, \$25 single, \$45 double. Held last Sunday March to October. Enquiries 043-676-189 or write Mudbrick Workshops, C/- PO, MATCHAM 2250.

HERBALISM HOME-STUDY COURSES. Herbal consultants diploma; herbalism for home; introductory herbalism; introductory naturopathy. For enrolment and details: Evergreen College of Herbalism, Box 27, Oneroa, WAIHEKE ISLAND, NZ.

CALENDAR EVENTS

'TREE CROPS 1984 - GROWING UP' is the theme of Second Australasian Conference on Tree and Nut Crops held in Melbourne, August 13th-16th, 1984, at the University of Melbourne. Victorian Nut Growers' Association and Natural Resources Conservation League are official hosts. Conference will focus on important developments in tree crop propagation, tree crop management and marketing of tree crop produce including nut and fodder trees, agroforestry trees and non-traditional fruit crops. Delegates will tour tree crop establishments around Melbourne and participate in workshop sessions on aspects of tree crop production. Anyone interested should write to Ivo Dean, Director, 'Tree Crops 1984', PO Box 105, SPRINGVALE 3171.

DEADLINES: GR 44 - JUNE 29TH
GR 45 - AUGUST 31ST

1984 AUSTRALIAN TEXTILE ART PRIZE. Invitation is extended to Australian textile artists to submit entries in the fields of applique, batik, bobbin lace, crochet, embroidery, Kasuri-Ikat, creative knitting, knotted rug-weaving, macrame, silk-screen printing, tapestry, weaving. Exhibition opens Thursday, 23rd August, at 8.30 pm. Closes Sunday 16th September at Sydney Textile Museum, 12 Spit Rd, Mosman 2088. For further information contact The Secretary, Sydney Textile Museum, PO Box 207, LANE COVE 2066.

CLASSIFIEDS

CALENDAR EVENTS

SELF-SUFFICIENCY TOUR OF CHINA with Ron Edwards, author of *Mudbrick and Earth Building the Chinese Way*, *Australian Traditional Bush Crafts* etc. Wonderful chance to see how Chinese farmers live, grow their crops and build their homes – mudbrick, rammed earth, caves, pottery kilns and other rural crafts. Visits to major spots such as the Great Wall. Opportunities for private exploration for those who wish. Exact itinerary is still being worked out; trip planned for November, will take 3-4 weeks and cost over \$3000. This includes flight from Australia, all accommodation, meals and transport in China. We will be doing a lot of moving! We will also have interpreters so that we can talk to the country people. For more details send sae to Ron Edwards, Box 274, KURANDA 4871. Ph: 070-937-474.

LITERARY COMPETITION run in conjunction with the 1984 Caloundra Arts and Crafts Festival, 28th August – 1st September. First prize \$200, second prize \$100 for short stories and first prize of \$100 for a poem. Competition closes 31st July. Official entry forms and conditions are available from Geoffrey Hamlyn-Harris, 16 Grigor St, CALOUNDRA 4551. Sae must accompany all requests.

LATE CLASSIFIEDS

ASTROLOGICAL READINGS. State place, date and time of birth. Mention any problems; \$15. Bruce Dwyer, PO Box 197, CORINDA 4075.

APOLOGIES TO THE MANY PEOPLE who called to see my land at Pipers Creek via Kempsey, NSW, for the misleading information given to me by the Hastings Shire Council, which I passed onto you. Many thanks for calling. Nita Ph: 065-671-316.

AEC 36FT MOBILE HOME/BUS with mid-mounted diesel motor with 27 ft all alum. annexe. All separate rooms including bathroom with portable toilet and full-sized shower. Kitchen includes LPG stove, Electrolux fridge with large freezer, washing machine, dryer, LPG H/W, reverse-cycle air conditioner, heater, floor coverings, curtains, opening tinted bubble windows, cork tile roofing. Annexe includes carpets, curtains, LPG heater, couch, dining table and 4 chairs, divider bookcases provide extra bedroom including bunks etc. All run by 5 kVa Honda generator. All in good condition; plenty of storage. Registered May 1984. Ideal for travelling or living in as it's all self-contained; \$27,000. Will consider reasonable offers as a quick sale is desired. Kelvin Edgcombe, 65S Black-leather Creek Rd, HODDLES CREEK 3139.

ARE THERE ANY SPECIAL GR LADIES out there who are all together, or would like an opportunity to be, and wish to be needed and loved. With or without children, but no hassles please. Do you have an interest in natural building methods, arts and crafts, herbs and natural therapies, being active and healthy, in keeping the camp fire burning with enthusiasm, fun and music. Please contact me, come and have a look see if any magic and destiny. Not obligated, independent accommodation available. I am a loving guy (22) with 4 others older than myself, on our first GR project on 5 acres of beautiful trees with permanent water. James, PO Box 127, COOLAH 2843.

YOUNG HERMIT WRITING COUPLE seek location. Anything considered, caretaking or reasonable terms. Replies to Nicholas and Marilyn, PO Box 451, COOLANGATTA 4225.

WANTED RENT, LEASE OR CARETAKE cheap cottage, no conveniences necessary, Mt Barker district SA. Contact Thomas Mueller, C/- PO, ELLISTON 5670.

NUMBY NUMBY EARTHWORMS – breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$9.00 for 500 worms or \$16.00 per 1000, includes postage Australia wide and instructions. For air mail add extra \$1.00 per 500 worms. Numby Numby Earthworms, ROLLANDS PLAINS 2441. Ph: 065-858-239.

POPULAR CRAFTSHOP/RESTAURANT in beautiful historic seaside town. Large, character-filled shop, incredibly busy tourist seasons, etc. Business reluctantly for sale at \$35,000 plus SAV (freehold residence and shop also for sale at \$40,000 if required). Shop has nice residence at rear, good school, nice community. Prefer to sell to other GR folk. More information, please write 'Craft Shop', C/- W. Young, C/- PO, KOROIT 3282. Ph: 055-681-775.

BATTERIES – DEEP CYCLE – 6-volt, large capacity, suitable for home lighting. Brand new, fully charged, only \$25.00 each. Ph: 065-858-239.

HANDCRAFTED FIRE BELLOWS. We are handcrafting fire bellows from solid timber, leather and copper. They are attractive and very effective at reviving that dying kitchen stove, pot-belly or open fire. Anyone interested should send sae and we will forward a photograph showing our range, together with relevant price information. Trade enquiries welcome. Dave & Pam Jones, 721 Stuarts Point Rd, YARRAHAPINNI 2441.

GAY MALE SHARE in property (rural acres) for sale. Wish to meet others interested. K. Thomas, C/- PO, MANUKA 2603.

LIVE-IN HOUSEKEEPER COMPANION required urgently in country by Christian widower (31), non-smoker, non-drinker with 3 young children. Child no objection. Roy Ehrich, C/- PO, QUINALOW 4403.

CLASSIFIEDS

Help! Our classifieds are too popular! To cope with their increased popularity we've altered the payment to an individual word basis – 25¢ per word. Please be brief and send form with payment to arrive by the deadline for the issue in which you would like your advertisement printed.

Sender's Name.....For issue No/s.....
Address.....Classification.....
.....Postcode.....Cost.....

Advertisements must be prepaid - 25¢ each word.

Information Available

When contacting associations or newsletters listed in Information Available, please, out of courtesy, include an s.a.e., and mention that you heard about them in Grass Roots.

IF YOU CARE, BE THERE. 120 HOUR RALLY - STOP URANIUM MINING - ALP NATIONAL CONFERENCE, 9-13 July

In July the ALP holds its national conference at the Lakeside Hotel, Canberra. With potentially the largest uranium mine in the world at Roxby Downs ready to start processing at any time, it is crucial that we, the Australian people, maintain exacting pressure on this government. People from all walks of life and from every state will be converging on Canberra to participate in the 120 Hour Rally. It is an opportunity to express our solid opposition to uranium mining. If you can't participate in the rally, consider some home-based action, i.e., send telegrams and letters to the Prime Minister and Minister for Environment demanding the cessation of all uranium mining in Australia.

If you require any further information or assistance in relation to the Canberra July Action please contact us.

NAG Canberra Action Group
11 Fern Tree Close
HORNSBY 2077.

HONEY WITHOUT STINGS - Understanding Bees and Sharing the Honey Harvest - David Lambert

This handy little booklet is ideal for beginners, or those contemplating keeping a hive or two, as it provides a brief rundown on what is involved in beekeeping. In fact it could well have been written around the most commonly asked beekeeping questions. Although not an in-depth study, there is practical information on everything from the protective clothing to wear down to building a solar wax extractor. Best of all though is the author's attitude to bees - one of respect, admiration and even love for these little workers. Price is \$3.75 posted from:

David Lambert
30 Merrenburn Ave
NAREMBURN 2065.

TO TOUCH THE MORNING - H.P. Hill

Heather Hill, a reader of GR for sometime now, has chosen a selection of favourite poems and had them published in England. Although *To Touch the Morning* is only a small booklet, it comprises a delightful selection of sensitive and interestingly written verse, the sort one could well imagine browsing through whilst resting after digging in the garden or mucking out animal sheds. A lovely little booklet, priced at \$2.50 posted, and available from:

H.P. Hill
37 Downfall Road
VIRGINIA 4014.

INSULATION FOR POTBELLIES AND FREE-STANDING FUEL-BURNING HEATERS

Insulation is always a top priority with fuel-burning stoves and heaters to guarantee protection for heat-sensitive walls and floors. A recent development in this field comes from James Hardie & Coy and is available in kit form for avid do-it-yourselfers. They have put on the market an easy-to-install wall-mounted Harditherm Heatshield made from rigid non-combustible asbestos-free insulated board. They also have a Compressed Sheet II Hearth Unit manufactured in two practical sizes available in kit form.

Details of where to purchase the Heatshield and Hearth Kits may be obtained from James Hardie & Coy Pty Ltd sales offices in each capital city.

TABLELAND GROWTH CENTRE NEWSLETTER

A lovely newsletter full of positive views and information for Atherton Tablelanders, and contains current events and encouragement to live in love and harmony. The Centre is open for all. Call in at 16 Cook Street, Atherton, Monday to Friday between 9-5, or write to them.

PO Box 490
ATHERTON 4883.

ROYAL SHOW ARTS AND CRAFTS

Entries in Australia's largest competitive arts and craft exhibition, the Royal Melbourne Show, close at 4.30 pm on Wednesday 27 June.

A section for hand-made lace and spinning has been introduced this year, in addition to new individual classes for hand-painted figurines, corn dollies, origami and pyrography. In the cooking section new classes have been added for banana and carrot cakes, continental almond bread, muesli loaf, preserved vegetables and home-made chocolates.

Prize schedules and entry forms are now available from the

Royal Agricultural Society of Victoria
Royal Showgrounds
Epsom Road
ASCOT VALE 3032
Ph: 03-376-3733.

EARTHBANK SOCIETY

This is a group of people interested in the sensible use of money: investment in and programming of socially responsible, ecologically sound activities and industries with the overall aim of developing a people-oriented, ethical, economic system for Australia. Initially, individuals and groups can join the Society to help locate and inform of regional resources and people skilled in financial or management systems.

Membership is \$25, covering \$5 joining fee for permanent membership, \$10 annual fee to fund information gathering and dissemination, and \$10 annual subscription to *Permaculture Quarterly* (may be omitted by existing subscribers). Help us ensure a sustainable future by joining now.

PO Box 255
CROWS NEST 2065
Ph: 02-434-864.

RESOURCE LIST FOR ORGANIC GARDENERS AND FARMERS, VICTORIA

Do you need to know where to buy mushroom spores, yoghurt cultures, have an olive press made, obtain soybean seed, buy potash feldspar, or find the predators of the red spider mite, or . . . ? This is a resource list of 'who handles what' and as such will be a fantastic help to those gardening or farming organically. Michel Porcher, who has compiled the list, is the author of *Growing Soybeans*, GR 38, p. 53, and is an authoritative figure in the organic movement. He has been working on this list for several years and freely admits that keeping it up to date has been a battle. The list is a MUST for all Victorian folk. Price is \$4.50 posted.

Michel's Resource List
PO Box 73
GISBORNE 3437.

CONSULTANCY ON URBAN AND RURAL RENEWABLE AND HUMAN RESOURCES

This newly founded consultancy had been set up to work on behalf of communities, and in particular those in the Third World, to help achieve: sustainable and self-sufficient farming; understandable and appropriate technology; environmental management through the husbandry of water, soil and trees; and recycling of goods and resources.

Among the specialties this consultancy offers are municipal and agricultural composting, dry farming, biogas and appropriate sanitation and wastes management. At present a study is being carried out to establish the feasibility of a composting plant in Hobart and the eventual gardening and public or commercial uses of the finished product.

Further information can be obtained from:

Consultants Concerned
C/- PARC
206 Elizabeth Street
HOBART 7000
Ph: 002-348-087.

Information Available

SELF-SUFFICIENCY SOCIETY, MELBOURNE

The Self-Sufficiency Society meets monthly at the Victorian College of Agriculture and Horticulture (formerly Burnley Horticultural College). Monthly topics of discussion include June 18 – nut trees, July 9 – biodynamic agriculture, Aug 13 Keyline plan, Sept 10 – organic growing, Oct 8 – aspects of self-sufficiency, Nov 12 – cooking for health, Dec 3 – members night and supper. A number of field trips will also be undertaken.

Annual subscription is \$7.00 to cover production and mailing of their small newsletter.

Self-Sufficiency Society
C/- Victorian College of Agriculture and Horticulture
Swan Street
BURNLEY 3121
Phone Secretary, Ivan Smith 03-810-1736.

HUON AND CHANNEL GOATKEEPERS CLUB

We are a group of about 50 adults whose aims are to promote all aspects of goatkeeping and provide help and information to fellow goatkeepers. We hold regular field days at which guest speakers provide helpful advice for 'new' and 'old' keepers alike. We maintain contact with members by way of a newsletter published six times a year.

We are keen to hear from people with similar interests, or who require help or suggestions for establishing a similar club, or alternatively could pass on new ideas we could incorporate into our club.

Membership fee is \$5.00 per year which covers newsletter costs. Please send enquiries to:

Mrs Sue Twining (Secretary)
PO Box 47
CYGNET 7112.

FARM DAMS FOR WILDLIFE AND STOCK

This new booklet, produced by the National Parks and Wildlife Service, is designed for property owners to show them how to integrate wildlife conservation measures into existing farm water supplies. A properly built dam can supply not just water but also opportunities for irrigation, fish rearing, erosion control, and wildlife habitat, all of which are discussed in the booklet. *Farm Dams for Wildlife and Stock* is a valuable reference for all landholders, and costs \$1.50 posted. Available from all offices of the National Parks and Wildlife Service, or Head Office Sales and Information Centre:

NP & WS
Box N189
Grosvenor Street PO
SYDNEY 2000.

WORLD RAINFORESTS REPORT

This is the first issue of *World Rainforest Report*, which the Rainforest Information Centre in Lismore is producing as a way of linking up groups and individuals interested in effective action in defense of these special forests.

The RIC is a non-profit organisation which receives no government funding. They will distribute information to any group that indicates interest. The *World Rainforest Report* cost \$1 posted from:

Rainforest Information Centre
Box 368
LISMORE 2480.

MUDGEES SMALL FARMS FIELD DAYS, July 20-21

Arranged by the Department of Agriculture and packed with displays, demonstrations, and practical information for the small landholder, Mudgee Field Days are on again. See GR 40, p. 51, for a description of the 1983 Field Day. Readers requiring more information can write to:

PO Box 12
MUDGEES 2850
Ph: 063-722-047 or 721-211.

GROWING WITHOUT SCHOOLS

National Home Education Conference 28-30 September 1984

You are warmly invited to Australia's first Home Education Conference in Melbourne, at a venue yet to be decided. Meet home learners, share ideas, enjoy activities, workshops, lectures. Discussions on how to do it, where to find resources, make contacts, and much, much more. Children are welcome and activities will be arranged for them.

This is an important and exciting conference for all those unhappy with the present education system – it will help develop practical and caring alternatives.

Further information can be obtained from the organisers:

Alternative Education Resource Group
54 Park Street
HAWTHORN 3122
Ph: 03-818-7671 or 03-827-766.

ALMANAC 2000 – Growing Vegetables in Sub-tropical Climates

Almanac 2000 is a booklet put together in the old almanac style of a calendar with astronomical and gardening information, practical ideas and 'Down to Earth' philosophies, with special relevance to survival into the 21st Century. It contains suggestions as to the best time to plant certain crops (based on the position of the moon), weed them, cultivate the soil, a sowing chart, and space to jot down notes – in short all the basic information necessary for planning a vegetable garden.

Almanac 2000 is a unique publication in that it has been produced by a team committed to building positive values in society. The information is viewed as being a valuable asset to surviving into the 21st Century whilst the booklet will provide a low income to people willing to participate in publishing, printing and distributing it.

Price is \$2.00 posted from:

Nimbin News
Cullen Street
NIMBIN 2480.

HIGHLAND PONY SOCIETY OF AUSTRALIA

This group aims to encourage the breeding and use of Highland Ponies in Australia. There are purebred studs in Queensland, NSW and Victoria with ponies imported from Scotland. A partbred register is kept for ponies of 25 per cent or more Highland blood. A newsletter is sent to members twice a year. These strong, sensible ponies are ideal for work on small farms and cost very little to keep. They grow to 14.2 hands and are suitable for the family to ride, as well as being used for general farm chores.

For further information contact:

The Secretary
HPSA
PO Box 119
PAKENHAM 3810.

ASTROLOGICAL CHART BLANKS

These blanks have been developed to fill the need for an attractive blank with adequate space for all the necessary astrological information. They will be of value to astrologers in general. Price is \$3.00 per pad of 25, and cost for bulk orders would be reduced. Available from:

Recycled Stardust
PO Box 76
MULLUMBIMBY 2482.

ALFALFAS VEGETARIAN RECIPE CLUB

Adriell, the proprietress of 'Alfalfas', Toowoomba's first vegetarian cafe, has started a vegetarian recipe club. Each month six laminated recipe cards are posted to members, with three recipes for savoury dishes and three for either soups, salads, cakes or desserts, and a newsletter containing helpful hints, news on good vegetarian cook books, and explaining various aspects of vegetarian cooking. The annual membership is \$15. Alfalfas, in the Old Chronicle Arcade, Margaret Street, is open from 7 am to 5 pm each week day and from 7 am to 9 pm Thursdays. Phone Adriell or Pam on 076-382-570.

Book Reviews

PRACTICAL AROMATHERAPY Shirley Price. Soft cover, 160 pp, UK. RRP \$11.95.

Aromatherapy is the treatment of health and skin problems using essential oils extracted from plants. These can be taken internally, inhaled, added to a bath, or used in conjunction with massage. Aromatherapy is also an excellent preventative treatment and, if used regularly, will better your well being and general health, increase your vitality, and improve the texture and colour of your skin.

Shirley Price, an aromatherapist, explains what essential oils are, how they are obtained, and, in a comprehensive table, details the illnesses and disorders that each one can be used to treat.

Reflexology and aromatherapy massage techniques are simply described and accompanied by helpful diagrams and black and white photographs to ensure a thorough understanding, and to enable their practical application in a domestic situation.

There is a chapter on Yin, Yang and Shiatsu, which is an Eastern massage technique involving finger pressure at various points on the meridian lines, along which the body's energy flows. A pressure point identification table and diagram simplify what at first may seem very complex, and facilitate the use of pressure-point massage with aromatherapy. A chapter on skin care, a therapeutic cross reference of health problems and the essential oils recommended to treat them, and an inspiring chapter of case histories complete this book.

If you have skin problems, feel lethargic, tense or rundown, the techniques and treatments described in *Practical Aromatherapy* have the potential to change your state of health, increase your vitality and energy reserves, and improve your blood circulation. Aromatherapy is an alternative to conventional treatments and medicines that can be used to benefit you and your family, and may change your life. **LA**

CREATIVE FELTMAKING – Kay Donald. Soft cover, 72 pp, Aust. RRP \$4.95.

Feltmaking – the craft of matting wool fibres together with heat, moisture and pressure – has taken longer to re-emerge than most other traditional textile crafts. As a result information on it has been scarce, and limited to just a handful of generalised pamphlets. So it is exciting to see a book like this one on the market.

Making felt seems incredibly simple, once you familiarise yourself with the process. In fact, when you read about some of the earlier methods used, you wonder why you hadn't nipped out something yourself. Being an age-old craft a wealth of folklore has emerged and been passed down over the centuries. Author Kay Donald has used snippets of this in various parts of the book to develop the reader's understanding and appreciation of feltmaking.

The book does its job well – the felting process is covered in detail with directions given for preparing the fibre and making felt, possible problems are highlighted and suggestions given for solving them, and methods of finishing felt detailed so you can achieve a professional looking fabric. There is also information on decorating felt, extending the basic technique so you can work in the round and make hats, berets, and even seamless garments, and finally, ideas are included for running and organising your own workshops.

Feltmaking is an exciting and immensely satisfying craft and offers great scope for those creatively inclined. If you haven't done anything like this before I urge you to try your hand – you'll be pleasantly surprised. And *Creative Feltmaking* will provide all the practical advice and support you'll need. It's definitely not a dull craft, as illustrated in this description of an early method – the matting of the fibres was done 'wi' piss and dung while all the family trampled on the folds o' cloth...'. **MM**

BUILDING SMALL BARNs, SHEDS & SHELTERS – Monte Burch. Soft cover, 236 pp, USA. RRP \$21.95.

This book is informative, useful and even stimulating as a source of ideas for constructing free-standing shelters. As we all know, it is sometimes necessary to build protection for our stock – be they goats,

chooks, cows or rabbits. Many of us don't have the know how to build sturdy or attractive sheds and this book sets out to give us a guiding hand.

The introductory chapters clearly present the planning that *should* go into preparation before building, from considering position and orientation to drawing a plan to help collect and cost materials. Footings and foundations are extensively covered in a chapter of their own, with the strengths and weaknesses of five different types of foundations discussed, and how to calculate building loads and footing sizes explained simply. There are also chapters on wiring, plumbing, wood framing, roofing, windows and doors. All these chapters give plenty of useful information to help in the construction stages of building. Some of the information, such as the wiring diagrams for switches that don't turn off and for 110 v, will not be of much use in Australia, and all measurements are imperial, but the author does take care to remind us to check local conditions to find out what we can and cannot do ourselves.

The second part of the book concentrates on specific plans detailing information for a host of small barns, sheds and shelters. Plans and hints to help build a variety of barns start this section, from specialised and highly American styled barns to a simple and very useful small family cow barn. This is followed by chapters on building root cellars, car ports and general sheds, with useful plans and reasons given for the designs chosen. Chapters are devoted to chicken sheds, including a plan for game bird housing, rabbit housing and pig sheds, including farrowing and portable shelter plans. There is also a small chapter on building a smoke house, with fairly sketchy details. The final chapter is a disappointing one on fencing – of interest, but not very useful and seemingly tacked on to the end.

Of course, experience is the best teacher, and your shed will be best designed by going out and measuring your space and deciding what you intend to put in it. However, for a variety of ideas and plans, and for the sheer amount of clear and well-presented information, this book really should help. **KR**

LIFETIMES. A beautiful way to explain life and death to children – Bryan Mellonie and Robert Ingpen. Hardcover, 38 pp, Aust. RRP \$9.95.

I really like this simple children's book. It has taken the chilling event of death and treated it not as a grim, isolated happening but as part of a pattern, part of a predictable chain of events, the final act in something or someone's lifetime. All living things have their own pattern, be they insects, butterflies, plants or trees, birds, fish or people. They have a potential lifetime and, if they're not hurt or don't become ill, they each live out their lifetime. But some are hurt, some do become ill, and they die because they can no longer stay alive. It is sad but that is how it is for every living thing. Some lives are short, some are long, but intrinsically they are all the same – all 'have beginnings, and endings and there is living in between'.

If I was a child wrestling with the meaning of life (and death) I would find this a reassuring book. There is no hedging, no euphemisms and most importantly, no ambivalence. This is how it is; it has always been like this, and probably always will be. I would find comfort in that; a comfort related to knowing that I was not the centre of the universe but a small part of a greater scheme of things that would go on even if I was no longer around. This is probably one of the hardest things for children to accept.

If you read the book reviews last issue, and in particular *The New Day Guinea Pig*, you may be asking why this sudden rush of books relating to death? Isn't it a trifle morbid for children? These books are necessary because we no longer face death as a family. Before families were geographically divided ageing people were nursed and cared for by daughters and sons. Children grew up participating in the rituals of death and mourning and achieved an acceptance based on realism, religious belief and family support. We owe our children a similar philosophy and one avenue for developing this understanding is via books. I recommend this to all young children. **MM**

Book Reviews

MUD BRICK AND EARTH BUILDING THE CHINESE WAY – Ron Edwards and Lin Wei-Hao. Soft cover, 157 pp, Aust. RRP \$12.00.

The cover and design of Ron Edwards and Lin Wei-Hao's book *Mud Brick and Earth Building the Chinese Way* was what initially appealed to me. I started flipping through the pages at first but quickly stopped to take a closer look at the sketches and read the text. Actually I was surprised at how interested I became in this book because I'm not a builder by any means and while I've always been attracted to mudbricks I've never really considered building anything with them. However, after reading this book I feel that with a little hard work and dedication building my own mudbrick shed isn't entirely beyond my capabilities.

Ron Edwards (who regular *Grass Roots* readers may be familiar with) made six visits to China in the course of writing this book. His sixth visit was sponsored by the Australia-China Council which made it a semi-official visit allowing him to travel freely to many remote villages not normally seen by foreigners. Ron has actually incorporated various Chinese earth-building techniques into his home at Kuranda, North Queensland, to prove that earth-building techniques are practical even in monsoon areas. Lin Wei-Hao, co-author, has contributed a great deal of first-hand knowledge to the writing of this book.

It has been estimated that there are over 90 million earth homes in China, with another 40 million people living in cave homes in the north of the country. These caves are homes dug into the earth of the loess hillsides. With so many earth buildings it is no surprise that the Chinese have developed simple easy-to-follow techniques which both the younger and older people practise. *Mud Brick and Earth Building the Chinese Way* explores a variety of different techniques commonly used by the Chinese. The best methods are discussed along with recommendations on how to cope with unexpected problems, making and drying the bricks, testing mud mortar, scaffolding, and preparing the site. Other techniques including rammed bricks, cave homes, pit dwellings and fired bricks are explained. There is also information on fired bricks, plaster for earth walls, timber frames, roofs and fittings.

This book is very interesting with lots of good useful information. It will be a handy resource both for would-be builders and for those more experienced.

LH

BEEES AND MANKIND – John B. Free. Hardcover, 155 pp, UK. RRP \$24.95.

Beekeeping has been practised for at least four thousand years and *Bees and Mankind* examines in detail man's debt to the bee, and the various methods and techniques he has developed over this time to cultivate the bee and its valuable harvest.

The first section of the book examines bees – solitary and social – and discusses different species and their evolution, colonies, communication of crops, foraging, queen production, mating, and swarming. The next section of the book contains a comprehensive history of man's involvement with bees from the prehistoric honey hunters, through beekeeping in the ancient world, Europe and America, to present-day methods of beekeeping. The final chapter covers honey and beeswax production today, the use of bees for pollination in modern cropping methods, and the value of encouraging beekeeping in developing countries.

Although the information is by no means adequate enough to enable you to establish your own apiary this book provides an extensive overall knowledge and history of bees and beekeeping that is not readily available in other books on the subject.

Bees and Mankind is an excellent introductory reference for anyone contemplating keeping bees, supplying essential information in an interesting and very readable style. The well-written text is both entertaining and informative and is interspersed with quotations referring to bees, and reproductions of bees and beekeepers as they appear in the art of many different civilisations. Black and white photographs clearly illustrate this attractive book which is sure to find a place on the shelves of both novice beekeepers, and more experienced apiarists.

LA

CREATIVITY ACROSS THE CURRICULUM – Millicent Poole. Soft cover, 237 pp, Aust. RRP \$8.95.

Does every child hold the potential to be creative? And if so, how do we recognise this potential and develop it? Firstly we must define creativity and then determine how to recognise and assess it. This book holds that all children can be creative; and that teachers should attempt to stimulate creative ability in programmes across the curriculum, utilising the child's natural curiosity and imagination.

If the curriculum boundaries are crossed, each subject area can contribute to the development of each individual. Especially if teachers combine ideas and experiences amongst themselves to bring about a learning environment that has continuity throughout the school.

Millicent Poole has amalgamated the combined ideas of many teachers who have worked creatively with children in various subjects. The first section 'First Steps' has two essays concerned with aspects of movement – the modern educational dance, and movement as a medium. I found the suggested methods of introducing the naturally creative dance elements into the everyday school curriculum most enlightening.

The second group of essays centres around experiences in sound through music and language. They present some good ideas showing how music can be creatively involved with reading or writing lessons. The third theme concerns pattern making, science and the numbers concept. The children are now given the opportunity and the materials with which to experiment. Here, creativity, arises from the manipulation of objects; these objects being the tools of the trade, whether painting, mathematics or scientific investigation.

In the fourth section a framework is given for creative imaginings through play or role participation. The child is encouraged to create a world of fantasy. The last theme looks at methods of improving the learning environment to make creativity possible in the realm inside and outside the classroom.

This book is aimed at the primary situation and it is to be hoped that teachers reading it will be stimulated to recognise the creative potential lying dormant in every pupil, and to do something about awakening that potential.

KG

INDIAN VEGETARIAN COOKBOOK – Tarla Dalal. Hardcover, 128 pp, UK. RRP \$9.95.

Most of my rare forays into Indian food have been for novelty, and all have been restaurant or takeaways, never cooked by myself. So I was pleased to try some of the recipes in this book and discover how easy to follow they were (and how delicious!)

I'm a bit wary of highly spiced food, but found the *Indian Vegetarian Cookbook* contained a good range of recipes, including some suitable for my pedestrian palate. It was very difficult to decide which recipes to try as the book is illustrated beautifully in mouth-watering colour. However, the restrictions of my larder and vegie garden helped limit my tasting.

For their distinctive flavour, the recipes are based on a careful blending of spices, with a great variety of fried balls, pancakes and to make the recipes universal, with a two-page spread on metric/imperial and British/Australian/American conversion. Any unusual ingredients are described in the glossary, and the basic recipe chapter clearly explains how to make some of the ingredients, such as ghee, paneer (curds) and khoya, used in the rest of the book.

While this book would certainly be of use for anyone already happily cooking Indian food, I feel it is oriented towards the beginner. Spice combinations used for most of the recipes are covered by ten easily obtained spices, and throughout the book simplicity is emphasised. This is a very well-presented book and will certainly appeal to anyone wanting to experiment with new foods.

KR

FREIGHT: these costs coincide with *Book News*. Freight and handling charges are 15% for purchases up to \$10.00, 10% for purchases between \$10.00 and \$50.00, 5% for purchases over \$50.00.

Feedback Link-Up Feedback

Dear Folk,

I am a member of a food co-operative in Burnie, Tasmania, and we are seeking information from other co-operatives about the way they operate. Our operation has been running for 14 months, conducting monthly orders. We are entirely voluntary and operate on a 'money first' basis. We obtain current prices for goods, print and distribute a price list/order form which is returned by members with their payment. Goods are then ordered and distributed from a central point. We have reached a stage in our development where we would like to change to a shop system (a venue will soon be available). This would mean purchasing goods then reselling them. We want to know a way of generating money to obtain the goods. Our special problem in Tasmania is that we have high freight charges. Many goods are obtainable only from the mainland. These are some of the questions we would like answered.

How does your co-operative generate funds?

How do you distribute goods?

How do you share the work? Is it voluntary or paid?

Do you have a formal committee?

Have you formulated a set of rules or guidelines?

What accounting records do you keep?

What savings are made by members through buying from the co-operative?

Where is your co-operative located – city, small town or country?

What percentage of the cost of goods is spent on freight?

Do you have a permanent venue or shop?

What type of goods do you regularly purchase?

Are you being assisted by any type of government funding?

How long has your co-operative been trading?

What volume of trade would you average in one year?

I look forward to your response to these questions plus any other information you can offer.

Philippa Joyce
Burnie Food Co-operative
C/- 322 Bass Highway
SULPHUR CREEK 7321.

Dear GR Readers,

Recently my partner and I (22, 24) purchased 5 acres of land in a tropical region of Qld. It is located about 35 minutes from Nambour and one hour from the beach at Noosa Heads. We are building a house out of better blocks and are in the process of clearing land for fruit trees, vegie garden and other things. We both find time for leisure and socialising. If there are any young women who would like to try our lifestyle and would like to live in the country we would be pleased to hear from you. We like horse riding, bike riding and surfing now and then.

Is there anyone who knows how to treat pine trees? We would like to hear from you if you do as we have 3000 of them.

Peter & Simon Hull
C/- Lot 42 Coonoonglbberr Rd
via IMBIL 4570.

Dear Grass Roots,

I enjoy every word of your magazine – it is great value for money in my opinion. I am very interested in the organic way of life both in wholesome eating and gardening. I'm thinking of making a move to warmer climes such as the Rockhampton area in Queensland. Are there any GR people around there who could offer advice on climatic conditions, what fruit and vegies grow in the area, housing prices, job opportunities, etc? I would be most grateful to hear from you and would answer all letters.

'Southerner'
C/- Post Office
GOULBURN 2580.

Dear Readers,

As we live in quite a windy area, I wonder if it is possible to attach a windmill to a house to produce electric power from the wind for general use in the house, and if so how would one go about it? Are such windmills being produced or would something have to be made up? Solar power is great but produces only hot water. What I am looking for is a complete power alternative which doesn't rely on the sun's heat. Also would the normal electrical appliances be suitable with such a source of electricity?

Mary Shannon
20 Pavo Close
ROCKINGHAM PK 6168.

Dear Grass Roots Readers,

I have been living in Sydney for seven months and I like the city, but after living in the country for 17 years I'm rather homesick for the land. Back home, which is NZ for me, I had my own cottage in the country which I shared with 3 German shepherds, 2 nanny goats, 3 lambs, 2 rabbits, a pig and I even had my own duck pond – frogs and all. I'm saving at the moment for a trip around Aussie. I'd love to correspond with anyone, male or female, with the idea of perhaps visiting them later on in the year. I'm 21, love meeting people, enjoy a good laugh, smoke and drink. I'm not religious but willing to listen. I love crafts such as leatherwork, pottery, painting, screen printing and would love to learn more about carving. I'm willing to lend a hand, cook a feed, mind children, garden, whatever, in return for some good company and a roof over my head. All letters will be answered.

Tracey White
26A Ocean Road
MANLY 2095.

Dear People,

In answer to Jenny from Pingelly WA (GR 40). Rhu-barb stems are acidic so don't eat large quantities at a time. The leaves contain strong concentrations of oxalic acid and must not be eaten at all. The dried and powdered root is an astringent medicine for stomach and bowel troubles. A decoction of the root or the powdered root mixed to a paste can be used as a yellow hair dye. Because of its acidic action rhu-barb acts as a descaler when boiled in a kettle or pan. The crushed leaves make a good scourer for brass or copper. Now, I would like some help. Does anyone know where I can obtain aloe vera seeds?

Christine Kershaw
'Belvalo'
LOCH 3945.

Dear Fellow Readers,

I look forward to *Grass Roots* and enjoy Feedback particularly. I am 26, married with a 4-year-old daughter, and a baby due in May. We live on a small acreage and we are working towards a degree of self-sufficiency. I would like to correspond with anyone who'd care to write to exchange experiences, ideas and philosophies. Also, we are considering building in stone and would appreciate hearing from anyone with experience in this field. Keep it up GR and good luck to everyone who is trying for a more worthwhile life.

Shirley Scaysbroah
Lot 5
Euroka Pk Estate
Dongdingalong Rd
SOUTH KEMPSEY 2440.

Dear Grass Rooters,

I am writing to express my concern about recent letters in GR downgrading the value of immunisation in childhood. It would seem an early trend in a minority of people to neglect this protection for their children. Immunisation is a very valuable insurance against what were quite devastating diseases, namely polio, diphtheria, whooping cough and tetanus. If in any doubt as to the seriousness of these diseases then a perusal of the old descriptions of epidemics can be most illuminating. Whilst we consider we are now better housed, nourished and have more powerful drugs at our disposal to combat disease, the very basis of prevention of these epidemics is immunity. We are now, in our society, free from serious major epidemics causing widespread death and suffering (apart from road trauma) and to neglect to protect ourselves against them would seem to be an example of our resultant complacency. Another aspect of widespread neglect of immunisation is that it creates a vulnerable pool of people so that, in time, another epidemic of these diseases which we regard as past history is highly likely. This is evidenced by a large outbreak of whooping cough in the UK in 1977-79 when there were 102,500 cases. The protection afforded to those vaccinated in this epidemic was beyond doubt. Strong argument can also be given for the use of measles, mumps and German measles vaccination. I do not denigrate the use of vitamins, minerals and herbal remedies for maintaining health and alleviating illness – far from it. I use them myself and for other people but let us try and keep our perspective when it comes to protection of our children, who have no say in the matter at the time, from these preventable diseases.

Dr Steve Ireland
ST HELENS 7216.

Feedback Link-Up Feedback

Dear People,

Would anyone have information on tissue-culture as a method of propagating plants? I've heard that mature fruiting trees can be reproduced this way and grow quickly to produce fruit without a long delay to mature. Any information on culture media and techniques, also books, would be most welcome.

To preserve mangoes, pick them before they ripen and stew them with sugar. Remove skins and seeds. Pack resulting pulp in plastic bags and freeze. The pulp lasts for ages. A little lemon juice helps keep the flavour.

Re migraine – self-hypnosis can help but the technique needs to be correctly taught (S. McBain GR 41). Contact a qualified member of ASCH via the yellow pages of the phone book. I also use it for asthma. Most attacks stop within a few seconds once the method has been learnt.

Now that it's official – CO₂ levels are rising globally due to use of fossil and carbon fuels – GR readers may be interested in devising non-combustion technologies. World temperatures are due to rise dramatically in the future due to the 'greenhouse effect' shifting climatic patterns polewards and raising sea levels. While the process will be slow initially, there will be some effects felt by the year 2000. The solution to this problem requires a dramatic reduction in the use of CO₂ producing mechanisms, and in reforestation on a huge scale.

Geoff O'Callaghan
PMB 77
ALICE SPRINGS 5751.

Dear People,

I am suffering from varicose veins in my legs. I am overweight and working on shedding a few kilograms by eating mainly vegie salads, fruit, and no salt or sugar, and drinking plenty of herbal teas. I am a chef by trade and spend about 10 hours a day on my feet. Can anyone advise me further what to do?



Gerry Hughes
PO Box 41474
CASUARINA (NT) 5792.

Dear Grass Roots People,

I often wonder about a 17-year-old girl called Leanne Booker who wrote in to GR 37. She was depressed and wrote in for advice. I wrote to her but she had left her address at 2/17 Keats Street, Byron Bay. Leanne, (or anyone who might know her), if you read this, please write and tell me how you are.

Glenys Cayley
Post Office
GAYNDAL 4625.

Dear Grass Roots People,

I am writing in reply to the frequent letters from overseas asking about migration to Australia. At the moment I'm trying to sponsor my brother to Australia from the UK. Once educational, age and other requirements of the migration authorities are met you need a job offer. It is extremely difficult to migrate to Australia without an offer of a job. I appeal to any readers who own nurseries or farms to consider offering jobs to people like my brother and Richard Dannes who wrote into GR 41. The migration department requires the job to be full-time, the worker to be paid award wages, and that an existing employee is not put out of work by the job offer.

Anyone in S-E Qld who has a nursery or farm and could offer my brother a job please contact me. He is at present studying for the National Certificate in Horticulture (Nursery Practices) at Merrist Wood Ag. College in the UK. He completes the course in August this year. He is 26, married and could live with me and commute to work, at least at first. He has experience as a gardener, landscaper and propagator as well as managing petrol filling stations. We grew up in South Africa so are used to a sub-tropical climate. He is interested in organic gardening, farming, herbs and fruit growing. We have been apart for eight years and I would dearly love to have him here with me. If anyone feels they can help us realise our dream please contact me for further details as soon as possible.

Ronni Martin
11 Confederate Street
RED HILL 4059
Ph: 07-369-9470.

Dear Grass Roots Readers,

At the moment I'm out of work. I'll be moving back down to Geelong at the end of the year. I hope to find permanent work there. I'm interested in building a self-sufficient farm in Victoria or starting to manufacture fuel efficient kit cars. Could anyone send me plans, ideas, drawings on how to build a mudbrick house, producing your own electricity and farming techniques? Could anyone tell me about being self-sufficient?

I am 21, 5 ft 7 in, brown hair and eyes. I am interested in most subjects and a good handyman, but a bit shy. I would like to hear from any female aged 20-22 and good looking. You must be grass roots minded and living close to Geelong. I would like to become a penfriend with future visits in mind and we might realise a close and meaningful relationship. Anyone who just wants to be a penfriend is welcome to write.

Is there anyone who has a 3-4 B/R house with large garage or workshop and land in or close to Geelong and school. My family can afford only \$50-\$60 a week rent or payment. I am looking for work at the end of the year.

Peter J. Freimuth
97 Coreen Street
WYNNUM 4178.

Dear Readers,

I have requests that you may be able to help me with. Does anyone know how to make leather buttons or know of a book on the subject? I'd like to make the knotted buttons and also some that look like a rolled toggle button. They would look great on home-spun garments.

Ingrid Weber
C/- Grass Roots
PO Box 900
SHEPPARTON 3630.

Dear Readers,

Could somebody help me find a friend that I lost along the way? The person I seek is Bill Carey who is aged around 30 plus. Last contact was in 1978 when Bill was living in the Lilydale area and working for the SEC. Any information that could put me in touch with Bill would be greatly appreciated.

Sue Lennard
C/- 468 Robe Avenue
PARABURDOO 6754.

Dear GR People,

I am looking for a good home for my 15-month-old male kelpie. His name is Timmie and he is a very friendly but lively dog. As I do not live on a farm and have a young baby I find it hard to give him the time and space he needs. If anyone can help me I would love to hear from you.

Susan Harris
49 Max Ave
RYE 3941
Ph: 059-886-361.

Dear Grass Roots,

We made it! By way of redundancy two slightly over-age (54-53) pioneers have escaped to that home among the gum trees that we have dreamed about. With five children educated and working, we have bought our little bit of land and started a house 2km off a major highway and 40 km from a large town. We will make mistakes, wonder at 2 am why we ever left our safe suburbia, but we won't get up in the morning wondering what to do with the rest of the day. We have a five-year-plan of three separate areas – a replanting of trees to attract birds, a wet rain forest area at the end of the dam, and a large area devoted to home vegetables and a cash crop, perhaps flowers. We may have taken on too much; our lack of knowledge may lead to disasters, minor or major, but it's better than the soft cocoon of the retirement villages that is being touted as the only way to enjoy your 'declining years'. One question? Is there a quick way of clearing the water of a new dam, or do we wait five years for it to happen naturally?

Incidentally, since my husband's 84-year-old mother is eagerly looking forward to keeping a dozen fowls and having her own part of the garden to look after, we are planning on at least another 30 years here for ourselves.

Iris & Steen Steenstrup
32 Aldren Street
STAFFORD HEIGHTS 4053.

Feedback Link-Up Feedback

Dear Nature Lovers,

We have a 2500-acre property (perpetual lease) near Emmaville in N-W NSW. We are looking for other nature-loving human beings to share it. If you are a genuine alternative lifestyle couple who seek this way of life and the joys which come from the love of nature, freedom, and creativity; if you are seeking a few acres to be self-sufficient, to grow things or develop a cottage industry, we could let you have a few acres near a permanent creek. There are abundant building materials for a dwelling – pines for log cabins, stringy bark for bark huts, hardwood for slabs, suitable soil for earth houses, even stone if you are that keen. In return we would like a couple of days help on the farm each week. We are an honest down-to-earth couple (40, 32) with 2½ children. We believe in a basic lifestyle in harmony with nature as far as possible, and self-sufficiency. We like good company and intelligent conversation. Our hobbies include music, handicrafts, reading, horses and other animals, and chess.

We are not interested in finding out the maximum profit this property can make but the least amount we need to be reasonably comfortable and so have lots of time left for living. We don't take drugs, smoke or drink. We are not fanatical or extremist about anything but are particular about matters of honesty and morality.

**J. & K. West
Willow Creek
EMMAVILLE 2371.**

Dear Everyone,

We have a dreadful debate going on in our household and my mum and I are in need of some moral support from anyone who grows their fruit organically. Andy and I are intending to produce fruit (avocados in particular) on a commercial scale. However, I'm shuddering at the thought of all those sprays and things that he insists we can't do without. I feel that we should grow the trees naturally and safely from the start, and avoid the sprays altogether if it is possible. Neither do I like the thought of my little girl growing up where there are a lot of these probably harmful chemicals. Could anyone who has managed to keep their orchards producing using natural methods (preferably on a commercial scale) please write to me and tell me of the successes and failures encountered? We're investigating it all as much as possible and reading up on it all. We've contacted the Organic Growers, but the more support and proof we can find, the better. If anyone can send tips and advice we'd be grateful, especially me. I'm a vegetarian and if we can't find a suitable crop it will probably be geese or pheasants or something similar. The thought of rearing animals only to betray their trust and kill them breaks my heart and always has.

**Julie Barbour
C/- Post Office
GABBIN 6476.**

Dear Meg & David,

Maybe by writing to your readers I will find a way to restart my life. I am a single woman aged 55, and I am in the process of selling my house. I would like to move to the Blue Mountains so I'm seeking accommodation with somebody who will welcome me, with two dogs and a cat plus a budgie, until such time as my affairs are settled. The real estate market is very quiet here and it may be 6-9 months before my house is sold.

I am a masseuse (Chinese and Swedish methods), speak three languages, and am a home loving, quiet, person. Maybe a single or widowed lady would like my company and help in her home. I am a very clean, creative person interested in herbs, animals, arts, etc. Due to circumstances beyond my control I have to change my way of life as soon as possible. My animals mean a great deal to me and the thought of having to part with them is something I dread. I would pay my share of expenses and partake in the upkeep of the house. My animals are perfectly trained and very clean. Anyone wishing to have further information is most welcome to write to me.

**Edith Weininger
28 Fairscene Cres
AVOCA BEACH 2260.**

Dear GR Readers,

Can anyone please tell me how to dry pumpkin seeds so that they are easy to hull. I've tried boiling water, oven, sun, etc., all to no avail. I would appreciate any ideas.

**Heather Geen
Martins Hill Road
FORRESTON 5233.**

Dear GR Readers,

I have been an avid surf rider for 21 years and have spent this time living and working with ocean access. For five years I was lucky enough to rent farmland very close to our mother ocean and during that time I managed stone fruit trees, bee hives, and did vegie and herb gardening. My two daughters are with mum and step-father and doing OK. I shall be living with them as they grow old enough to make their own decisions and travel to my whereabouts.

I am vegetarian, fit and agile. I have a free mind, listen to all around me, and live in the immediate. I relish and thrive in difficult situations and have travelled extensively in Australasia. I would like to live and work in a treed and unpolluted water situation. I feel I can adapt to most situations other than tropical heat. I can offer my energy, myself and my knowledge for a time (3 years) in return for shelter and peace. I wish to be a worker within Australia for the peace and freedom of the world.

**Lyall Brien
18 Ocean Street
NORTH AVOCA 2260.**

Dear Grass Roots Readers,

I've walked this planet for 30 years and I have only discovered that I have not learnt to crawl. I am sickened in my heart when I see our uniquely beautiful Australia becoming another ecological disaster. Our homeland is becoming a synthetic throwaway society such as America with DDT poisoning, parking lots and hamburger stands.

I'm into nature, meditation, growing my own vegies, studying permaculture and learning to build a house out of riverstone. I enjoy reading Tolkein, love chooks and goats, and I am aiming for self-sufficiency. I dream about the little block of land that will one day come my way; I dream each night about the wonderful opportunity that country living and fresh air can give. I am saving up all my bread until I can make the break but I long for a soul mate who will share this dream with me. I'm looking for a special lady who can laugh, loves blues, and can see eternity every time she looks at a sunset; someone who is strong-willed enough to want the break; someone who loves the simple pleasures of baking bread and living harmoniously with nature; someone who will be patient enough to help plant a forest and still be there when our labours have borne fruit.

**Gary Francis
7 Addington Street
SURREY DOWNS 5126.**

Dear Readers,

Is there a reader who would give a loving home to a Border-Leicester sheep? This fellow is a large-framed, heavily fleeced, docile type of sheep; he's used to a tether but a home with space for him to move about would be preferred. His current family are about to lose their rental accommodation and will give him to the right person. His fleece is a spinner's delight. Phone 059-625-061 if you can help.

**Ms I. Maxwell
C/- PO Box 427
HEALESVILLE 3777.**

Dear Readers,

As a community welfare student I have elected to do a major project on the viability of alternative lifestyle communities, collectives, communes or co-operatives as an alternative to the capitalist welfare state. My overall aim is to gain an understanding that I can pass on to others about what good and bad issues are likely to appear over an extended period of time within such communities. I would really appreciate any thoughts, information or readings that would help me understand. It would be great to visit anyone within reasonable travelling distance from Brisbane.



**Bill Wiltshire
37 Siemon Street
TOOWONG 4066.**

Dear GR

When I read GR 41 I saw that 'Goat Lady' of Cobar needs information on carob seeds. She should contact Mark Ellis of the Department of Agriculture, Adelaide, or write to us and I'll photostat our information and send it on. For Pauline Atkinson – look up GR 31 p. 49 to learn how to unshrink a jersey.

**Bob & Eileen Swarbrick
COCKATOO VALLEY 5351.**

Feedback Link-Up Feedback

Dear People,

Joan Neil's comment on lack of SA input made us realise that we are not contributing so here goes. Anyone needing bulk sulphur at \$22 per 50 kg or dolomite \$6 per 50 kg – it can be purchased from Jomoco of Callington (near Murray bridge). Apple cider vinegar may be purchased at 40¢ per litre from Aldwood Cider of Debney's Road, Norton Summit (take your own container).

Here is a recipe for gherkin spread. Bring to the boil 1 ¼ pts spiced vinegar, 2 cups sugar, 1 tsp salt. Add to it (minced) 4 green cucumbers, 4 large green apples, 1 lb peeled onions. Cook until required thickness (approx. 2 hours). Cool, bottle and seal. Green colouring optional.

If anyone has ideas on fodder crops in low rainfall, deep white sand, we can use any suggestions. Best of luck in whatever you are doing and the coffee's always hot on Mannum Road if you're in the Murray Bridge area. Phone 325-625 for easy directions.

Hazel & Trevor Hoffmann
PO Box 11
MURRAY BRIDGE 5253.

Dear Grassrootians,

We are two teenage suburban kids from Sydney and we manage to have our vegie patch (organically grown), chooks, ducks, flower garden and anything that goes back to nature. We also enjoy running and bike riding at all hours of the morning. We love to search for new ideas that will associate us closer to many of you fine GR folk. In the future we would love to own a little, peaceful away-from-it-all dream farm. We would eventually love to restore an old house, have antiques, a vegie garden, herbs, fruit trees, animals, and plant trees to entice our wildlife.

Although we are unable to do all these things because we are still at school, we would appreciate it if a sensible married couple would allow us to stay on their farm so that we would both be able to gain a greater knowledge of GR 'nohau'. We would be able to stay only for a few days during the Christmas school holidays. If you could help us please write. We can travel only by train. We would also love to hear from other grassroots teenagers.

Allison Williams (15) & Gavin Atkins (17)
197 Nuwarra Road
MOOREBANK 2170.

Dear People,

A lot of comment came back to the brave lady who voiced her opinion *against* vaccination. Much propaganda was circulating in the era of discovering germs, viruses, disease and serums, a lot of truths not told, distorted, or hidden and suppressed, as they still are today. Dogmatism in any outlook on life is a negative attitude. So I feel that Robyn is honest and caring enough to question what is forced into their bodies. A lot can be learnt from her – do not take all that is heard, written, and 'proven' to be all there is to any subject. Did not thalidomide, fluoride, 2 4 5T, 2 4 D, nuclear reactors, etc. 'prove' harmless somewhere along the 'tested' tracks? I should think it wise to explore all sides of a topic – remember to be open and receptive to all. We might just learn something new and important.

Sue Conway
Mt Marbletop
NANANGO 4315.

Dear Folks,

A big 'Hi' to you all. We are a little family of two – Muhile (22), Rachel (2) – and we would love to make new friends so if anyone cares to write I'd be happy to answer. Why don't more people write from WA? We would love to visit you and help out sometime. We are independent and wish for more opportunities to share good times. We are living in the city right now, staying alternatively with friends but hoping to find the right guy one day who would love a born-Bohemian, child-at-heart lady who loves to cook and look after her man, and a beautiful little girl who is a clever little angel. We are not vegetarian and mum likes to sing and dance and have a good time drinking wine sometimes, but we love a healthy life and live each day as fully as we can. I like to bake bread, make jam, and try to do as many things as I can from scratch. I am not bad at crafts and 'inventing' things.

Hope to hear from you all soon. Maybe some single mums can write and tell me about their lives especially if they are living in the country.

Muhile & Rachel
17 Ridge Road
GLENN FOREST 6071.

Dear Readers,

More than 1900 years ago there was a man born contrary to the laws of life. This man lived in poverty and was reared in obscurity. He did not travel extensively. Only once did he cross the boundary of the country in which he lived; that was during his exile in childhood. He possessed neither wealth nor influence. His relatives were inconspicuous and had neither training nor formal education. In infancy he startled a king; in childhood he puzzled doctors; in manhood he ruled the course of nature, walked upon the billows as if pavements, and hushed the sea to sleep. He healed the multitudes without medicine and made no charge for his service.

He never wrote a book, and yet all the libraries of the country could not hold the books that have been written about him. He never wrote a song, and yet he has furnished the theme for more songs than all the songwriters combined. He never founded a college, but all the schools put together cannot boast of having as many students. He never marshalled an army, nor drafted a soldier, nor fired a gun; and yet no leader ever had more volunteers who have, under his orders, make more rebels stack arms and surrender without a shot fired. He never practised psychiatry, and yet he has healed more broken hearts than all the doctors far and near. Once each week the wheels of commerce cease their turning and multitudes wend their way to worshipping assemblies to pay homage and respect to him.

The names of the past proud statesmen of Greece and Rome have come and gone. The names of the past scientists, philosophers, and theologians have come and gone; but the name of this man abounds more and more. Though time has spread 1900 years between the people of this generation and the scene of his crucifixion, yet he still lives.

If there are any readers who would like to make a comment regarding this beautiful essay and are searching for a better life due to circumstances and problems, please do not hesitate to write as I would like to share with you what Christ has done for me.

A. Pawloff
PO Box 279
PORT HEDLAND 6721.

Dear GR

I have recently moved onto a really run-down dairy farm. As I have a four-year-old daughter to care for as well as the farmwork I am finding it hard going. I would like to become reasonably self-sufficient in the future but right now there is never time to do all the things I want such as starting a vegie garden. I thought someone might like to live here rent-free in return for some help around the place. I am a 35-year-old female who smokes, drinks moderately, and I am an atheist (but tolerant). Although I wouldn't mind some male company this request is meant for females also. We are reasonably close to the Latrobe Valley and also the sea. The house is quite large with all the basic facilities. I appreciate GR as an alternative to conventional farming journals with their viewpoint constantly focused on whether there's a buck to be made.

L. Hatfield
Old Carrajung Road
CARRAJUNG 3844.

Dear People,

Need I tell of the boredom and hassle of being unemployed? We have recently moved from the costly, getting nowhere lifestyle of a large country town, to our inexpensive, do-what-we-want piece of rented Australia. At last we are able to sit on the back porch and enjoy life's little pleasures without the hassle of nosy neighbours and we can take our dog for a walk without the fear of Godzilla waiting behind his usual bush. Even with our newly-acquired chooks and almost established vegie garden, we still find it hard to save for our Eden. After several half-hearted attempts at various crafts and hobbies, we began feeling there was not much more we could do which was enjoyable, a little time consuming and a little profitable. Then we discovered the sweet smell of potpourri. The only recipes we've seen so far are in GR 40. Does anyone know a little more about the best and easier-growing flowers and the different oils that can be used. How long does the scent usually last? Does anyone know if there's a mosquito repellent that can be used when making soap?

Boni & Crls
RMB 416A
Cottee Road
COOLAMON 2701.

Feedback Link-Up Feedback

Hello Meg, David & All,

When Reg and I decided to buy our two small acres we did all the right things – consulted all the books, and Reg drew up his design for the 'chook house par excellence'. We had only pegged out the ground for it when our very kind friends started donating chooks, ducks, turkeys, etc. Panic!! All these feathered friends with no fixed abode. To solve the problem we acquired some large wooden cartons and threw them together for a chook house. With a couple of dozen garden stakes and a roll of wire netting the chooks are housed and laying. Goody, thought I – eggs and a chook for dinner. But not so; my city born husband and 21-year-old daughter refused to be a party to killing the chooks. I had to cart my Christmas dinner to a friend's house some miles away, do the dirty deed there, and then swap my chook for one of hers to placate their squeamish sensibilities. I might also add that the first egg that I gave to Fiona she threw away. She said, 'Mum, those eggs are funny – all the yolks were really orange!' I was horrified to think that for 21 years this poor child had been eating 'plastic' eggs and didn't know a real one when she saw one.

The project on hand at the moment is a 'summer house'. We were given four large steel poles complete with bolt holes and brackets and we are putting them together to make a temporary place to live and then we can use it as a workshop when the house is built. Being a crafty lady I find the caravan very restricting.

I planned and fenced a small area for a veggie garden and decided that as it was brand new I'd try companion gardening. It took me ages to work out which plant went where and I had to plan it all on paper. At last the beds were ready, seed all bought and ready to go. That was when my grandson (3) decided to give a hand. When I came up from feeding and watering the chooks he very proudly showed me the crumpled and empty seed packets and seeds all over the place. He was so proud of himself! We are waiting patiently to see what comes up.

We have been here six months now and although we commute to the city every day to work, the peace and tranquillity of the area is a pleasure to come home to. We are not in a hurry to build our house – we have plenty of time. We spend too much time just sitting watching the parrots, the wide variety of other birds, the wallabies grazing down by the creek, and the unbelievable sunsets.

**Maggi
Lot 82
Mt Elliot Drive
Alligator Creek
TOWNSVILLE 4741.**

Dear Readers,

We request an authentic recipe for Lebanese falafel please. We are trying to get out of the 'red meat syndrome' and enjoy vegetarian style meals. We live in a rural area and have a barter-type arrangement with our neighbours (goat milk and avocados for fresh vegies and fruit). We noted the recipe for tabouleh in GR 41, and suggest using cracked buckwheat instead of ordinary cracked wheat.

**Christine & Randy Allan
No 189
M/S 149
GATTON 4343.**

Dear Grass Roots People,

I lost touch for a while but am now trying to retrieve the situation by catching up with some back numbers. I plan to try making soap. You have printed so many interesting variations. I want to try my luck. Since coming to this area I have had some skin problems so I have decided rainwater and a home-made herbal soap might be worth trying. Has anyone a remedy for 'Queensland Itch' (my name for it)? I used to make bread quite often but my husband did not like the extra yeasty smell and taste. Could anyone tell me what I was doing wrong?

**Pearl Hodges
25 Corfield Street
PT VERNON 4655.**

Dear GR People,

Could anyone give me information on vaccination shots for children? My son has had his first shot at 8 months and the physician wasn't too happy with me for neglecting his immunisation.

**B. Denny
PO Box 275
WAUCHOPE 2446.**

Dear GR,

Several thoughts I would like to pass on – For S. McBain regarding a possible migraine help; three leaves of feverfew (*chrysanthemum parthenium*) eaten daily may help. They are very bitter. For all those who want good, practical information on a very wide range of things on the land, buy a copy of John Semour's *The Complete Book of Self-Sufficiency* (paperback or hardback). A cry often heard in our house is 'what does Seymour say about it?' For J. Watson regarding cheesemaking – the best book I have found is *Making Your Own Cheese* by Margaret Barca. Following her advice and instructions, we made our first cheddar cheeses and allowed them to mature for three months. They were successful but ours were made with cows milk not goats milk.

A very refreshing drink is whey lemonade (whey and curds being the products of gently-heated buttermilk) made with lemon juice (and sugar if desired) in quantities to suit the palate. Do any readers find themselves becoming 'self-contained' as they become increasingly self-supporting? I find much of today's world I can cheerfully ignore – perhaps I'm just odd.

For M. Walters' surplus milk requests. There is a commercial product called Fabri to which you add cream/milk and freeze for icecream. The flavours are somewhat exotic but they can be diluted far more than the recipe on the jar suggests and still be successful. I freeze surplus milk to tide us over our non-milking months. We are also fattening two baconers on surplus milk.

**Sue McLachlan
PO Box 957
LAUNCESTON 7250.**

Dear Readers,

I would like to say hello to any GR people, and perhaps correspond if they cannot say hello, to any 'bush black people' between Goulburn/Bathurst areas, especially between Taralga and Trunk Creek NSW. I am sincerely hoping to find some acres. 'Unserviced' would present no problem, as surely one could gather more acres. Here's hoping to hear from people from these areas.



**Ray Neilson
29 Farnsworth Ave
CAMPBELLTOWN 2560.**

Dear Readers,

It's wonderful to read of all the people interested and energetic enough to decide to take the sometimes harder, but more satisfying, approach to a saner and more humane way of life. If there are any readers in the Townsville district who feel like a cuppa and a chat I'd love to hear from you. If there's anyone in the area who needs someone to work for them (preferably on the land) I am a hard worker and willing – maybe not full of practical experience but always eager to learn.

**Nicki Falconer
2/19 Melton Terrace
TOWNSVILLE 4810.**

Dear Grass Roots Readers,

I made the big break and moved out of the Sydney rat race some two years ago and now live quite comfortably on my 120 acres with my daughter (9), and all our animals, including two recently arrived adorable foals. We are situated halfway between Lismore and Byron Bay and it suits us fine.

I've been an avid reader of GR for about three years now and find it has no peer in the amount of knowledge it imparts to all who care to pick it up. I heartily congratulate the publishers and all the contributors who combine to make it such a fine magazine. I have noticed over my reading period that there are so many folk who would dearly love to domicile in this piece of God's country they call Summerland, but are put off by the so-called high prices being bandied around. I would like to say that this is not necessarily the case and bush blocks, some with rainforest and streams, between 3-20 acres, and within one hour of the coast, can be obtained at comparable prices with any other land being offered elsewhere on the eastern seaboard.

Being a licensed Real Estate and Stock and Station agent, although not practising full-time as such, I would be only too pleased to supply particulars to any interested parties and also photos if required.

**M.W. Howarth
ROSEBANK 2480.**

Feedback Link-Up Feedback

Dear GR Readers,

Myself, Kerry (33), and two beautiful sons (Joshua, 3, and Samuel 11 months) have been going it alone back in the city for over a year now. Many of you in a similar position would realise the difficulties of meeting other people – especially those with GR-type interests. Perhaps there is scope for someone with organisational skills and time, to look into the possibility of establishing GR social clubs in the cities and major towns where families and singles could meet and join in various activities. Meanwhile I would love to hear from readers in the hope of broadening our field of friendship in general; also from gentlemen who may be interested in a lovable, loving package deal. Our special gentleman would need to be sensitive and caring, to love children and family life, nature and earthy things, and country living. My interests include children, arts and crafts, naturopathy, and the gentle healing arts, herbs and gardening, reading, and stimulating conversation. I am active, romantic, and optimistic, and look forward to hearing from you.

Re readers' enquiries for a deterrent for weavils. Tape bay leaves to the inside of the container. For chapped lips try paw paw ointment. And lastly, does anyone know of any means of dealing with cockroaches apart from pesticides, commercial baits and borax and sugar?

Kerry, Josh & Sam Coombes
2/51 Broomfield Street
TARINGA 4068
Ph: 07-371-7851.

Dear Meg & David,

We continue to enjoy each issue of GR and delight in its prosperity. John is devoting a good deal of his time to writing a book about community markets, their history and uses, how to organise a market, or a stall, and so on. The book will include a directory of craft and produce markets in Australia and possibly NZ. We are wondering if readers would send in information of such markets e.g. when they were started and by whom; the names and addresses of present organisers, days and times they operate and the variety of goods that are allowable. Photographs (black and white) and drawings would be most welcome and would be returned afterwards. We look forward to hearing from readers who are connected with these ventures.

Eileen & John Tinteren
Box 26
DAYBORO 4521.

Dear Grass Roots People,

I do hope someone may be able to help me with my problem. Hubby and I have split up and I have decided to move to the country with some of the children. I have in mind either Goulburn or Mudgee. It must be near schools, and also with opportunities for me to obtain work. I'm open to suggestions for other areas – not expensive though as there will be little money. Also, as Jill Redwood states, a good dog is a help in keeping away unwanted. Any ideas on a breed that's good with kids and stock, but will protect us if we are threatened?

To save tears with pickled onions, refrigerate for an hour before peeling. Regarding goats and blackberries – how about keeping the goats away from the plants during the fruiting season to stop any risk of spreading seeds. Any help on areas to consider or advice from lone mums would be gratefully appreciated.

Hassanah Simpson
110 Gallambee Rd
BEROWRA 2081.

Dear Melbourne GR People,

I am 22 and living with my boyfriend at Marlo, Vic. We have been very happy developing a self-sufficient lifestyle with a vegie, herb and flower garden. However, I have sadly decided to part with it for 12 months while I go to Melbourne to do a hairdressing course. I am desperately in need of somewhere to live and would be most comfortable sharing a house with a family who would accept a helping hand with children, cooking, or any household chores in return for accommodation. Perhaps an elderly couple could do with an extra pair of hands around the house. I love outdoor gardening and I am not afraid of hard work. Closer to the city would be more suitable as the college is in the city and the less travelling the better. Anyone who can help in any way, please write as soon as possible.

Caryl Meehan
C/- Post Office
MARLO 3888.

Dear Grass Roots Readers,

Pam and I run our own wholefood shop here in Leicester, England, which we are selling in August and emigrating to Australia with Danny (4) and Jonathan (2). It's been marvellous being able to feel in touch with life in Australia (i.e. the alternative Australian culture) through *Grass Roots*.

Danny will be due to start his school career and we'd really like to correspond with anyone who has a child in the same position and who knows of a nice school. Are there any towns crying out for a wholefood/homoeopathic remedies shop/wholefood vegetarian restaurant? Does anyone know of any employment, probably temporary, for either of us? We are both graduates (psychology and English) with enough expertise and initiative to have set up and successfully run our own wholefood shop. Has anyone a house or property we could look after temporarily or rent cheaply or do you know of a communal enterprise we could enter on a trial basis? Our ideas are very vague at the moment so any input from letters might be enough for us to make initial decisions. So please get in touch with us, preferably if you live in northern NSW, so we will have someone to talk to when we arrive.

Phil Salfield
23 Milford Road
Leicester
ENGLAND.

Dear Readers,

We are a German couple who are staying in Australia on a tourist visa. We fear there is no future for us and our children in Europe and we wish to find out if there is any possibility of us getting permanent residence here. One possibility would be that we'd find work – Marcus is a trombonist and I am a music teacher. We are not fixed on music – we would do anything.

Dear readers, if you know of any possibility to help us, please write to us. Perhaps all our future depends on the permanent residence.

Marcus & Maria Hoebel
C/- Thomas Rolke
1/15 Hereward St
MAROUBRA 2035.

Dear Readers,

We live on a beautiful 145-acre property halfway between Robertson and Jamberoo. It overlooks Kangaroo Valley and is deep volcanic soil surrounded by rainforest. The pasture is rich and varied, the views breathtaking. We love this place and have built a small house with solar power, and installed a 30 kVa generator. There is a 2 million gallon dam. The snag is we can't leave the place and need a break occasionally. Maybe there is someone who would enjoy the atmosphere of animals, fresh air, occasional weeks of fog and rain, and who would have a caravan (we could work out the logistics) so a kind eye would be kept on our horses, cows, etc. The soil here will grow most things so the right person could probably achieve some sort of income. Please write if you think it's worth a go as we might be tempted to give up soon and don't really want to.

Penny & Larry Osterhaus
'Wallaya'
C/- PO
ROBERTSON 2577.

Dear Friends,

Is there anyone faced with the problem of epilepsy? I have recently, at the age of 22, found out that I am a sufferer. All advice so far tends towards taking drugs for a minimum of five years. I choose not to take them because of the possible side effects. The problem makes me dangerous to me, my man, and my two babes. I'd love to hear from anyone willing to share their story.

Polly
Box 556
BARMERA 5345.

Dear Wendy from Tamworth

A way to kill rats and mice is to mix to a dough equal amounts of plaster of Paris and milk, and place where rats and mice frequent. Keep away from children. I also read that camphor blocks placed in the ceiling really work. Just scatter them around.

Ann Wilson
32 Compton Street
DAPTO 2530.

Feedback Link-Up Feedback

Dear Readers,

Getting back to grass roots is not such an easy business. There are the problems of finding the right place, the finance, and, of course, the know-how to set oneself up.

I was invited to the Tweed Shire in Northern NSW on an overcast April weekend to inspect the Mebbin Springs settlement on the day of its inaugural meeting. I was interested to see if it could provide anything which other multiple occupancy settlements could not. As the rain poured down, people were eagerly jumping onto the backs of open cattle trucks, and even onto a mud bespattered tractor to inspect the 1200 ha property. Rain clouds hung lightly over the blue mountains that form a rim around what was once a volcanic crater and, when the sun came out and shone on the wooded hillsides, the landscape was absolutely breathtaking. So far so good – a healthy environment in a fertile temperate and sub-tropical zone. But I found that the visitors were as eager to inspect each other as to view the land. Most of the prospective buyers had found the feel of other settlements wrong, and disliked the prospect of having to conform with, and be personally restricted by, the minority groups which ran the communities they had seen. The individual freehold titling proposed for Mebbin Springs would solve that problem, and also give greater financial security. Under an adapted form of Strata Title, individuals would have access to adequate financial backing, which is generally denied to multiple occupancy tenants, for development of both their private and the communal land. Strata Titling would overcome the problems of undercapitalisation that some other communities have been directly experiencing.

John Burrell, who developed the concept, is confident that Strata Titling will give a balance between individual freedom and communal unity. The 240 residential lot owners will be able to lease a utility lot on the common property (about four-fifths of the area) whose use will be subject to the approval of a formal committee. The committee would also ensure against wholesale sellout to individual interests of indiscriminant property investors, which has happened in the past when the loose ideals holding some settlements together have collapsed under financial or other pressure.

Zoological, agricultural, and topographical studies have assessed the prospective land-uses and found good possibilities for sustainable employment. The soil is capable of yielding tropical fruits and grains, supporting animal husbandry such as intensive goat and stud cattle breeding, and, with an existing sawmill, can provide its own building materials. The settlement hopes to establish a low-cost building service to help and advise new owner-builders on how to establish themselves in a cost-efficient way using designs that are compatible with the environment. The size of the settlement provides an economic base large enough to allow bulk buying of materials which would keep costs down. It would also be a safeguard against the isolation and lack of stimulation and variety that other communities with fewer inhabitants suffer from. In a community this size self-sufficiency is more feasible, as members can pool their knowledge, and barter for a variety of services. Although the problem I could see was the immediate need to attract more builders, plumbers, electricians and other tradesmen, as initial settlers, who could impart their skills to the preponderance of keen but inexperienced teachers who had signed up for their share of the property.

A particularly exciting part of the scheme is the planned Participatory Education programme, which would provide subsidiary employment for settlers in re-educating others, especially the young unemployed, towards rural re-establishment. The programme is planned to run in collaboration with Murwillumbah TAFE, and includes courses in business management as well as personal development, with housing available on the property for students. The price of smaller residential lots in the area is around \$40,000; so the projected cost of \$26,800 for a developed 5-acre residential lot on Mebbin Springs (with each utility lot priced at \$2000) is very reasonable. In some ways it's an alternative community and in some ways it's not. For further information contact Mebbin Springs Community, PO Box 231, Murwillumbah 2484, or phone 02-233-3350, 066-795-265.



**Suzu Soboslay
SYDNEY.**

Dear GR Friends,

I have a home and land close to Rye ocean beach where wind and salt are a distinct problem. There's cheap land here (my 70 ft x 147 ft plot cost \$5300) and it's supposedly the cheapest in Victoria. You have beautiful bore water 30-40 ft down, chemically tested as purer than mains water. Being five miles from Rye you need transport, but there's Bass Strait fishing, and a large national park which extends from Cape Shank to Port Nepean. Who in GR land wants to join me? The Shire of Flinders issued more building permits than any shire in Victoria. Recently 600 permits were issued for an expensive retirement village at Sorrento. If you would like any information send sae and I will send details.

I would like advice on organically gardening my near-pure limestone-dotted pale grey sand as it appears it has no holding content. Would seaweed, compost and horse manure do the job as the pension will not allow me to purchase loam? Also I want advice on suitable protection for the proposed garden from the fresh winds.

God bless you one and all for writing to me. To those kind people who haven't received an answer yet, I have moved house twice in a month.

**Flo Bobb
35 Bass Meadow's Boulevard
RYE 3941.**

Dear GR

I'm not very good at writing to magazines but I felt rather sorry for Jill Redwood after reading her article in GR 42. She must have had some bad times with men.

Being born a member of the male gender, white, and of Anglo descent, seems to be an unforgivable fault among free-thinking individuals these days – the sins of our fathers are hung around our necks like the proverbial dead albatross and we're encouraged to feel all the guilt we can muster. Personally, I don't have a beer gut and live in the bush, and I don't believe it is a crime to have regular showers (we have plenty of water), and I don't force anyone to wash my underpants. We are happily married and Alix has taken my surname, which I agree is rather outdated, but it was purely voluntary on her behalf (you'd have to be a masochist to take on my surname).

We are temporarily in exile from our promised land (NQ) and we are staying at beautiful Mullumbimby but we should be on our way back home (Kuranda) as soon as the baby is born.

Does anyone have information on permaculture in the tropics? We have 7 acres of acidic bleached rainforest soil so any tips would be greatly appreciated.

**Rob Crapper
C/- Post Office
KURANDA 4872.**

Dear Grass Roots,

Can someone please help us? My husband, myself, and son (14), have lived and worked station farms most of our working lives. I am now a herbalist, but unfortunately my husband, owing to lung trouble, is on a pension. Our problem is we feel we cannot survive in the town because of high rents and costs. We can't seem to get together a deposit or finance for land. Will anyone vendor finance us? We can afford \$300-350 per month guaranteed from the bank straight to vendor. I would like to be close to my grown children who live in Tamworth but we will take whatever we are offered. We are 36 and 40. We are easy-going country people and we are not into drugs. We would consider tenant-in-common arrangements if we can build and develop our own piece without being restricted. We built a stone house before so we know what we can do. We can both shoe horses, fence, kill our own meat, raise animals and can do most things on the land. Please help us as we are very genuine.

**A.A. & J. White
7 Moore Street
BINGARA 2404.**

Dear GR Folk,

We are a young married couple living on the far-north coast of NSW and would like to meet more people in the area. I am a horticulturist working full-time and my husband is an upholsterer presently setting up his own business. We are into bushwalking, surfing, music, eating out occasionally, and growing vegies. We would love to hear from anyone who is interested in making new friends.

**Geoff & Claire
Wardell Road
MEERSCHAUM VALE 2477.**

Feedback Link-Up Feedback

Dear GR People,

There have been two or three requests for help with canine health. I'm rather surprised, taking into account the preference of so many GRs for natural health methods, that they don't expect to carry this into animal care.

Alex Jay has a dog with ear problems. There are two ways to treat this problem – one at the seat of infection and the other to build up the ability of the dog to counter the infection within its own healing system. I'm loath to recommend ear drops, but as there can be the problem of earmites where there is a build-up of wax or dirt in the ear, peroxide of hydrogen or any recommended ear-wax cleanser may be used. Swimming in sea water, then very careful drying inside the ear with cotton buds is sometimes helpful.

The natural way for a body to rid itself of a lodged foreign body is to build up an abscess which will explode and throw it out. We shouldn't try to keep down swelling but encourage it to its full 'fruition', and thereby be quit of the cause. So if the ear starts discharging, one should be grateful, help it in every way possible to drain out. When using any wax remover use a bandage as a muzzle, stay calm, and use a soothing manner – to a dog's wide and acute hearing, the movement of fluid inside the ear can be terrifying.

To have a healthy dog the best diet is freshly killed meat and fresh-grown herbs, fruit, vegies, roots, wild berries, etc. A dog that is not used to these things may need a little persuasion, but the improvement in physical health and temperament is worth it. Fresh fish (carefully boned) is better than canned, cooked or frozen meat. All prepared foods lack enzymes which bring the chemical functions into full play. Mix comfrey or spinach, or even cabbage or cauli leaves and slivers of carrot and parsnip in his meat. Apples, peach, fresh peelings and cores of just about anything are good for him, but not potatoes. If you see him eating grass, he needs it. Slowly introduce odourless garlic with his food but don't keep it up after he's well.

**June Allen
PO Box 426
MANLY 2095.**

Dear Readers,

We have just moved to Brisbane from our land in N-E Victoria and I am now teaching here. It seemed a good place to start as teaching jobs are very few and far between down south. I am primary trained and work with intellectually handicapped children. We would like to return to the country and I would like to keep working. Can anyone tell us of small acreages or communities around Brisbane, the coastal areas, or anywhere in Tasmania? Would any of those who are teachers among you know of the availability of jobs there? We would love to live in a community or in an area where there are lots of 'alternative' people and happenings – not into religion or drugs. Rudi grew up on a farm in Austria and can do just about anything. We have enough capital to establish ourselves. Unfortunately NSW and Victoria seem out for us because I am not able to find teaching work there.

While we are in Brisbane we would love to hear from 'grass rooters' and be in contact with more people. Please write or phone if you are interested or have any information.



**Regina, Rudi & family
8 Boomerang St
LUTWYCHE 4030
Ph: 07-577-632.**

Dear Grass Roots,

I'd like to thank all the people for enquiring about our land which was recently for sale in GR. We must have had 30-40 enquiries and have since sold it. I hope we've been of help to some people asking for information about the Grafton area also.

Would those person(s) sending me religious and assorted leaflets please stop. I regard it as an invasion of my privacy and detrimental to Grass Roots.

Has anyone a recipe for a good, gentle soaking solution? We have a 12-month-old girl who loves getting dirty and a normal wash is useless.

Is any reader making and selling goats milk yoghurt and cheese on a commercial basis? We'd like to know how to set up such a business.

**Julie, Alan & Rebecca Massey
3/38 Hilltop Cr
FAIRLIGHT 2094.**

Dear GR Readers,

In response to S. McBain's request for a migraine cure I would offer the following history of my own successful treatment. Firstly, I'm a very ordinary person having never studied methods of meditation, herbalism or alternative medicine. For years I suffered from migraine, frequently around PMT time. Conventional medicine left me feeling nauseated, dizzy and edgy. I gave up on prescribed medication completely after I fell pregnant and in desperation turned to hypnotherapy. There are a number of properly trained hypnotherapists, many of them psychiatrists or GPs, in the Sydney metropolitan area who could provide the help you need.

Basically, migraine is caused by the dilation of blood vessels in and around the brain which causes pressure and pain – or at least, that's how I understand it. My treatment consisted of three visits to the hypnotherapist: the first was to investigate possible causes of the migraines; the second to make a cassette recording of relaxation techniques; the third to make another recording, this time using my ability to find a deep level of total relaxation as a basis for self-treatment. In a deeply relaxed state it is possible to use auto-suggestion (or bio-feedback or whatever you like to call it) to remove a migraine literally in seconds. On the rare occasions when I now develop a migraine I am able to place myself in a deeply relaxed state, then concentrate totally on the migraine. I envisage my brain with the blood vessels dilated, then beginning at the source of the migraine, usually over one eye, I visualise the blood vessels contracting and shrinking. It's similar to watching a film of someone's brain's vascular system – following it from the source of the pain and watching the blood vessels shrinking as the camera follows the line of pain across the brain. It is so effective that I often find that the line of pain is replaced by a cool feeling in my head, I presume because of the draining of blood from that area.

This method takes some practise and obviously you have to believe in your ability to cure yourself, but since perfecting it I have begun to explore other methods of self treatment based on this deep relaxation or meditation method. I have found to my own surprise that, for instance, I am able to cure a sore throat almost as rapidly as the migraines, simply by willing my body to heal itself. I've come to the conclusion that all of us have the ability to cure ourselves of illness provided we believe in that power and know the right technique. I don't think I've discovered anything new – so-called miracle cures have been recorded throughout history and are often reported today. I'd be very interested to hear from anyone who has done a serious study of this method of healing. Incidentally, I've found that eating a nutritionally balanced diet, avoiding foods which I know to have a triggering effect, and supplementing my diet with vitamins B6 and B12 during PMT time helps to avoid migraines altogether.

**Jessie Anstiss
19 Warby Street
CAMPBELLTOWN 2560.**

Dear Grass Roots,

I've recently moved back to the city after living for three years in Innisfail, NQ. I find city life intolerable for myself and my 2½-year-old daughter and wish to move back up north, anywhere between Rockhampton and Cairns, but preferably near a larger town for educational purposes. Having just separated (unwillingly, I should add) from my daughter's father, I think that a place in peaceful surroundings would help me to settle my mind again.

If any readers could help me out with details about different towns along the coast, what the weather is like, what's available, rental costs, houses for rent, or estate agents, I would really appreciate it. The availability of kindergarten, preschool and schools is also important.

**Joanne Bogenhuber
2/21 Holborow Street
CROYDON 2132.**

Dear Grass Roots,

Just a one line request in GR brought no less than nine replies. Until I manage to answer the letters may I say thank you very much through the magazine. I wish I had a tip to pass on but I am still battling to grow vegies without spraying. As yet the grubs get all the vegetables. My simplest method of making yoghurt is to put a dessertspoon of commercial yoghurt in a small basin of milk, and stand it on the windowsill.

**Caroline May
Lot 63
Naturaliste Tce
DUNSBOROUGH 6281.**



Meg Miller

I'm sure last issue had a jinx on it. And those folk who have not long received their copy probably think so too. All went well with the production work and printing of it, but two-thirds of the way through bagging the subscribers' copies we received a phone call. Why was the old price printed on the cover? Gulp! The entire print run had gone through with the wrong cover price. After a little negotiating over the phone with those concerned it was decided to send the magazine back to have the correct cover price stuck on; the girls unbagged over 2000 copies and reboxed them, to the accompaniment of phrases totally unsuited to this page! But, what should have been a simple trip down to Melbourne and back misfired because, somehow, half the boxes found their way to Sydney before being discovered and sent posthaste to Shepparton. Then we found we didn't have sufficient copies and had to beg the printers to check through the odd copies they had on hand and send up any that were socially acceptable. We finally did get them all sent out without further mishap, but there were days when we wondered if GR 42 would ever make it to the readers. Roll on 43 and a trouble-free time.

I have a really thrilling announcement to make. The Classifieds have a new name, thanks to Phillip Crooker of Adelaide. His riveting choice has been unanimously chosen from the many outstanding entries we received. Congratulations Phillip, a weekend scrubbing and polishing the floors of the unique GR office awaits you, background music supplied courtesy of the poultry. BYO scrubbing brush and water. And Phillip's suggestion — the Grassifieds! We all thought it quite profound and feel it will provide an added dimension to this section. Thanks Phillip and all the other folk who contributed to this contest.

The girls have been thrilled at the cheery 'hellos' they've been receiving since my write up in the last issue but make one little request — please don't address letters to 'Dear Sir'. There's only one male on the staff and none of us address him as sir; so 'Dear Lynne', 'Dear Lisa' or 'Dear Anna' yes, but no sir!

When I was introducing our new staff last issue I purposely omitted mentioning one of my right 'hands' — Kerry — as space was tight and I knew I wouldn't do her justice. Kerry comes in one or two days a week to help me with mail, researches information for readers' requests, acknowledges the poetry (no, I didn't misplace the general poetry file, just a folder with those for last issue in it, and yes, I did find it) and *While the Billy Boils* contributions and does

one of the most thankless jobs in the office, that of pasting down the many corrections that are required to make GR a readable magazine. From time to time Kerry works on the Night Owl books and is responsible for most of the paste-up work on *Australian Goat Husbandry* and *Starting a Nursery or Herb Farm*. As well as these skills she makes a mean chocolate cake.

There are only a couple of people we're trying to track down this time. Earlier in the year I received a short note and a super photo of a log cabin taken at Glenonnie from Barry Jung. If you read this Barry let us know where you can be contacted. Late last year I received two articles — *Shetland Pony Power* and *Living in the Bush with Donkeys*, both of which have authors whose mail has come back address unknown. Dee Flockhart and Ray and Carol Drew, could you let us know where you are?

Karen, co-ordinator of Night Owl's books has asked me to apologise to readers for the minor hold up on *Rock Solid*. She discovered a few last minute mistakes that require corrections and illustrations that need re-drawing, so, as soon as this issue goes to press it will be onto them and then off to the printers. The cover is already printed and looks great so it's a matter of any day now, and sorry about the inconvenience.

Read all the books on your shelves? Tied the knot on the last remaining unfinished project? Wondering how you're going to get through the forthcoming winter? The GR team have the answer — *A Fireside Companion*. We decided last year not to do a Xmas special but instead to put together something that would lighten the long winter. We've almost finished this fascinating book and feel a concentrated week or two of work will see it finished. It's looking good, a mixture of readers' stories and experiences, suggestions for filling in long evenings or cold Sunday afternoons — crafts, fireside cooking, games, even 101 suggestions for things to do with that unexpected guest — and ways to keep warm and make the most of your open fireplace or fuel stove. We're having fun doing it and think you'll love it. More details next issue.

Finally, a word from Ian Gunn our cartoonist. Where/what is the 'thing' Basil is looking for? Send your suggestions in and the closest correct answer will receive a copy of *Rock Solid*. Ian is very good to GR, sending in his cartoons and comic strip and answering our last minute pleas for another this or that. Thanks Ian, not just from us here but from everyone who reads the magazine and enjoys the real situations your characters get themselves into.

.....

Dear Readers,

Half the year has almost passed and winter is here: time to plant out trees and to prepare spring gardens - we have a large range of vegetable and herb seeds.

Winter is also a good time for grinding your own flour and making bread, or maybe you would prefer to read beside a warm fire, researching some future project. We can help you with this, but if you can not call in, take advantage of our mail order service (send three stamps for a catalogue).

We can also help with advice and equipment for solar hot water systems. Another specialty area is the design of small solar electrical systems for people who can not connect to the mains grid. There have been some exciting developments with solar cells, and we have been keeping track of the latest innovations.

In our Shelter Section we have safe, Silver Batts. They are clean, lightweight, and have outstanding efficiency. Ask for the special Silver Batts brochure. We can send anywhere in Australia our quality stainless steel, tapered mud brick moulds. They cost \$21.95 each (plus post & packing: Vic/Tas \$3.90; NSW/SA \$5.90; Qld \$6.90; NT/WA \$8.90). The standard sizes are 8"x15"x5" or 10"x15"x5" or 12"x15"x5" all the same price.

All the best,

STEPHEN INGROUILLE



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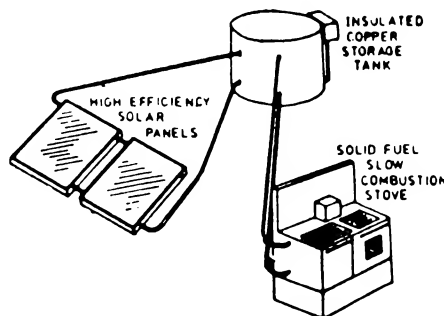
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